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PROGRESSIVE  
GYMNASTIC DAY'S ORDERS

ENEBUSKE

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# PROGRESSIVE GYMNASTIC DAY'S ORDERS

*ACCORDING TO THE PRINCIPLES OF THE LING SYSTEM*

BY

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FOR THE ADVANCEMENT OF PHYSICAL EDUCATION; FORMERLY PRINCIPAL OF THE CHAUTAUQUA SCHOOL OF SWEDISH GYMNASTICS, ETC.

FIRST COLLECTION. Arranged for Class Work in Schoolrooms without Gymnastic Apparatus

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## PREFACE.

EARLY in the spring, 1890, the writer conducted exercises in Swedish pedagogical gymnastics of several classes composed of public school teachers in Boston and suburban towns, numbering together over three hundred persons. One class was composed of masters and sub-masters in the public schools of Boston. By these gentlemen the writer was asked to provide for the publishing of a book that could be used as a guide in teaching gymnastics to the children in the schools. It was demanded that the exercises should be so arranged as to make it possible to introduce them into the public schools under present conditions, and especially that they should be so selected, that their correct execution should not necessitate any more floor space than that at disposal between the desks, and no other apparatus than those at hand in the ordinary school-room, such as benches and desks.

These Gymnastic Day's Orders are the writer's response to this request.

In elaborating them, the writer has had another consideration in view. The growing interest in the Ling system in this country, and the increasing demand for teachers of the subject with a thorough training, made it necessary to institute an extended course of lectures in the gymnastic progression of the Ling system. In illustration of the principles laid down in the lectures, it became necessary to present an arrangement of the exercises of the system,

in which the student could find the principles of the progression clearly expressed. Therefore, in this collection, the individual movements in each of the typical classes of gymnastic exercises have been arranged in progressive succession, the place of each in relation to the others having been decided after an analysis of its anatomical and mechanical constituents. In accordance with the principles of the Gymnastic Day's Order, the required number of movements, representing each of the essential classes of gymnastic exercises, are grouped together in each day's order.

Consequently the practical pedagogical and the theoretical anatomical and mechanical considerations are weighed against the consideration of the corrective capacity and the general hygienic value of the movements throughout the arrangement of these Gymnastic Day's Orders. Being based upon unchangeable theoretical principles in combination with consideration of conditions within the schools, that are likely to command attention for a considerable time to come, it is the hope of the writer that his day's orders may be useful for the student of the principles of the Ling system as well as helpful to the teachers in their practical work.

In preparing to print the fifth thousand of the book, it has been found advisable to insert an outline of the gymnastic progression of the Ling system, being the substance of an address delivered before the superintendent and masters of the public schools of Boston



## PREFACE.

shortly before the formal adoption of the Ling system by the School Committee. It has been found advisable also to insert figures and diagrams, illustrating the definitions. These definitions form a key to the descriptive kinesiology of the Ling system. They contain a condensed description of the simple movements, that, combined with each other in different ways,

form a vast number of compound movements of the system. By reading these four pages carefully the student will be saved the greater trouble of reading the hundreds of pages that would be necessary for a complete description of all the movements of these day's orders, although leaving him as much in need of the instructor's demonstration.

BOSTON, MASS., December, 1891.

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*The Progressive Gymnastic Day's Orders are used, among others, in the following cities and educational institutions:—*

The public schools of Boston, Somerville, Woburn, Waltham, Andover, Canton, North Easton, Brookline, Quincy, Rockland, Fitchburg, Mass.; Pawtucket, R.I.; Hartford, Conn.; Dover, N.H.; Augusta, Ga.; Brooklyn, N.Y.; Tacoma, Wash.; Minneapolis, Minn.: Hemenway School, Norfolk, Va.; Burnham

Classical Institute, Smith College, Northampton, Mass.; Abbott Academy, Andover; McLean Asylum, Somerville; Drexel Institute, Philadelphia; Oshkosh State Normal School, Wisc.; Hampton College, Louisville, Ky.; Science Hill School, Shelbyville, Ky.; Boston Normal School, Mass.

## INTRODUCTION.

THE Swedish Gymnastics is a product of the renaissance of the gymnastics in the beginning of this century. It is the natural outcome of eighty years of development, the fruit of nearly a century of careful, continuous study. It is based upon the teachings of experience and is backed by well-grounded cooperative principles of Hygiene and Education. It had its first formal introduction in 1813 in a State institution at Stockholm, and its growth has been under the protection of the Swedish government. It has been strengthened by the cooperation of all the various departments of instruction throughout Sweden, where it is now incorporated as a regular branch of educational methods. Its gradual advance has met with various demands, so that the present system has been reached along different lines which bear a distinct relation to each other intrinsically and historically.

The demand for a form of gymnastics arranged to meet an essential and general educational purpose and adaptable to existing educational institutions, has produced a method that forms the fundamental department of the gymnastics in our systematization of the subject. We call it the Pedagogical or Educational Gymnastics.

From the endeavor to extend the benefit that may be derived from a rational physical training to those who are below a certain average standard of health, has grown up a special branch of gymnastics called Medical Gymnastics. This discusses the modification of method necessary to be followed in training before the average health is reestablished. This branch, although of more recent date, and an offspring of the educational gymnastics, has developed independently and reached a stage far beyond the ex-

pectation at its birth. Its present appearance suggests a future when it will be incorporated as an essential and indispensable branch of medical science, and through the orthopedic surgeons, the neurologists, and the gynecologists, it has already been introduced in medical practice. In its development it has created an impetus to a more scientific study of the mechanism and the effect of physical movements, and the results gained have reacted beneficially upon the development of educational gymnastics, and have contributed essentially to bring this branch up to its present scientific standard.

From a gymnastic point of view, medical gymnastics may be considered as preparatory to educational gymnastics. It leads up to it, just as the mildest form of educational gymnastics is preparatory to its more advanced stages and leads up to them.

On the other hand, the desire to meet the demand for a more specific or higher physical accomplishment has led to the development of methods for more advanced work than that belonging to educational gymnastics proper. It has resulted in the branches of Military Gymnastics, Æsthetical Gymnastics, and the various forms of Applied Gymnastics.

All the other branches being either in a measure preparatory to, or more advanced growths from, educational gymnastics proper, it seems best here to outline more completely the theory of the educational branch of Swedish gymnastics, and to let a mere suggestion of the systematic relations of the other branches suffice.

The functions of the heart and lungs are the fundamental functions of the body. Upon them the welfare of all the other functions depends. It is the aim of Swedish educational gymnastics to

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develop these fundamental functions, and it endeavors to attain this end by a series of movements of the voluntary system which shall be so arranged and executed as to bring about a healthy response between the muscles and the will. It does not strive to develop physical specialists, but only to train the different organs of the body in a manner that may serve the great double purpose of promoting the efficiency of the circulatory and respiratory functions and of increasing the volitional control of the whole body.

Throughout its entire course the Swedish system of gymnastics proceeds upon the well-grounded theory that muscular strength must follow as the necessary consequence of a training so carried on as to promote the health and strength of these fundamental functions. Those who labor only to enrich the muscles often make piteous beggars of the heart and lungs. Theory and experience show that a system of training may be followed, which, while it develops muscular strength to a considerable degree, at the same time causes dilatation of the heart and lung-cells, consequently making their walls thinner and weaker. Upon such a training common sense stamps the seal of disapproval. Our clergymen proclaim to us the moral rule: "Get the heart right!" I would embody in the same words a physical rule: Get the heart right and the lungs right, and the muscles will meet every reasonable demand. This is the teaching of experience.

Muscular work is resistance of muscular contraction. Such a resistance becomes a healthy training for the muscles concerned whenever they are furnished with a sufficient supply of well-oxygenated blood and a proper drainage of the waste products. Whoever would understand the systematic progression in training under Ling's gymnastics must keep this general idea always clearly in view.

Were the main object of physical training but to develop the strength of the muscles, then the systematic progression of exercises might be expressed by an ascending numerical scale, representing in pounds the resistance against the muscles. Were

swiftness the aim, we could make our training conform to a progressive scale representing a certain number of oscillations in a given time, or if slowness were the object, by a similar retrogressive scale. Did we aim at complete control of the curvilinearity of the movements, we might symbolize the progression by a series of peripheral segments; or were angularity of movement the aim, we could resort to a series of angles. We find in many systems, and so-called systems, of gymnastics, present and past, one or the other of these points put forward as the governing object. The Ling system does not lay especial stress upon any of these points. It employs reduced as well as increased resistance, as the purpose may demand. It uses the swift and the slow movements for such effects as they can respectively produce. It embraces movements describing both curved lines and angles.

For a clear understanding of gymnastic progression we must bear in mind the general composition of the Swedish gymnastic drill, or what is termed a "gymnastic day's order." ("Gymnastisk dagöfning." — Swed.) "Gymnastic day's order" is a technical phrase that indicates something more than an ordinary space of time occupied in gymnastic exercises; it is the practical, distinctively formulated expression of a clearly comprehended idea, a practical application of a distinct hygienic and educational line of thought. The "gymnastic day's order" must be adequate to the demands of each day's exercise within given limitations of space and time. It is composed of a certain number of movements succeeding each other in a well-defined order, calculated to produce certain effects in a certain succession, all these movements together being designed to bring about a distinct hygienic and educational result, which is the exponent of what we term gymnastic unity and totality.

Hygienic and educational interests are interlaced with each other in the "gymnastic day's order," as may be seen by an analysis of its constituents. The hygienic line of thought in the "gymnastic day's order" is this: For a number of hours previous to their

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appearance in the gymnasium, or class-room for physical exercises, the pupils have had all their powers concentrated upon their lessons and recitations. Whether necessary or not, they have been doing their work in a sitting posture, the chest more or less contracted, the upper part of the body leaning forward against the desk, the thorax bent forward and downward, pressing downward upon the abdominal organs, and somewhat checking the venous circulation of these organs. This state of injurious muscular repose has continued for hours. As a consequence we have these results: A more or less temporary passive congestion, or tendency to such congestion, of the brain and abdominal organs, decreased respiration, the general tone of the muscles lowered, and the mind tired from prolonged concentration. The first object of the gymnastic drill must be to counteract these evils, to relieve the brain and the oppressed organs, to reinstate a healthy respiration and circulation; to tone up the body generally, at the same time giving attention to the educational purpose of the exercises.

To accomplish this object we have first in the day's order a class of movements termed *order movements*, intended especially to attract the minds of the pupils away from these lines of thought in which they have been so long occupied, to the approaching gymnastic work, to induce them to assume that fundamental position and carriage best suited to the physiological interests of the body, from which all correct gymnastic movements start and to which they return, before a relaxed position of rest is resumed.

Following this first class is a class called *leg movements*, intended to draw the blood in larger quantities down towards the lower extremities, thereby relieving the brain and the oppressed organs. These also stimulate the general circulation.

Next follow movements called *strain-bending movements* and *heave movements*, which expand the chest and induce deeper and more energetic respiration.

The combined result of these four typical gymnastic movements in the order mentioned is this: More and better oxygenated blood

is carried to the muscles and the venous drainage correspondingly facilitated; the mind is relieved from its previous strain and the will is concentrated upon the muscular response. These results unite to form a most favorable general foundation upon which to ground the following more specific movements.

These succeed each other in the following order:

*Balance movements*, which bring about a coördination of muscular contraction in all parts of the body, and by demanding equilibrium in difficult positions, train the sense of correct and graceful posture.

*Movements for the back*, which correct the carriage of the shoulder blades and back, and by equalizing the strength of the muscles on both sides of the vertebral column, counteract the faulty growth of the spine.

*Movements for abdomen and forepart of the body*, which stimulate the abdominal organs by an alternating increase and decrease of the abdominal pressure. The movements strengthen the muscles of the abdominal walls, as do also the next following, called the *alternate side movements*. These last train the legitimate mobility of the ribs and vertebræ, and mechanically stimulate the spinal nerves.

The movements mentioned above follow each other in the order named, and are performed with gradually increasing force, compelling stronger and stronger action from the circulatory and respiratory organs, but never exceeding a certain point, which I will term the *optimum*, the test of which is a deep, free, undisturbed respiration during the movement. This must never be pushed to the highest possible point, or to the point where breathlessness and uncomfortable heart-action begin to appear. Whenever the extreme limit is approached by any vigorous movements, the effects are immediately moderated by administering movements that quiet and normalize respiration and heart-action.

By these movements the system is prepared for the next following: These are the more vigorous exercises of running and jumping, which bring about a compound action in all parts of the body,

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involving a high degree of exertion during a short space of time, approaching, but never exceeding the limit where breathlessness in its graver form sets in. Within this limit there is put the highest demand upon the heart and lungs, and the climax of complication for training the coördination of muscular work is reached.

With these movements the culmination of the day's order is reached, after which the accelerated action of the heart must be normalized and the body prepared for rest. This is accomplished by slow, measured *leg movements*, accompanied by deep, rhythmic breathing movements.

Interwoven with this hygienic line of thought is carried out an educational progressive idea in the same movements, which by their gradually increasing intricacy help towards a complete volitional control over the muscles of the body. Let us take jumping for an example. In jumping, the greatest demand is put upon the heart and lungs. There, as in the advanced *balance movements*, the complexity of the movement, if it be correctly performed, demands a degree of exactness in muscular coördination that raises the volitional control of the muscles to the highest point. And so we find in each day's order expressed what we call a "gymnastic progression." But in the overlapping yet distinctive series which follow each other from day to day, and from week to week, and from month to month, and from year to year, each day's order should in a measure pave the way for the other more difficult and laborious ones that are to follow. To accomplish this there should be, as time advances, a gradually increasing demand for efficiency in the respiratory and circulatory functions, and also a constant demand for increased volitional control.

This general increase in the efficiency of the "gymnastic day's order" may be brought about by an increase in the number of single movements, or an increase in their laboriousness, or both. The increase in the number of movements must be subject to such restrictions that it shall not disturb the general purpose of the day's order. Within these restrictions, however, there is sufficient

freedom to allow the teacher to bring his personality into the systematic work.

Between each of the movements in the day's order there is allowed a moment of complete relaxation, and the typical classes of movements already described are interspersed with a number of auxiliary movements which must be called into operation as a means of relief after the stronger movements by which the action of the heart and lungs has been greatly increased. But we must bear in mind that while the single movements should act together towards the great general aim of the day's order, they have also a specific purpose of their own, and the progression must be arranged with regard to both these points.

For example, the *leg movements* while having their office in the service of the "gymnastic day's order," help also to develop the muscles of the leg, to train the response of these muscles to the will, to check uncalled-for coöperation of muscles that are anatomically and physiologically separate, to develop the muscular sense of the foot and leg with special reference to gait and firmness of position. And so the *heave movements*, while they widen the chest, develop the respiratory functions and induce deep breathing, have the additional effect of training the muscles of the shoulders and arms. And so on through all the single movements.

The efficiency of the single movements may be increased by a progressive increase of muscular resistance, that is, by increasing the labor which the working muscles have to perform within certain limitations; or by gradually increasing the duration of the muscular work, or by gradually shortening the period for the same amount of work, or by increasing the frequency of repetition of the movements, or by increasing the complexity of the movement; that is, by combining the same movement with more and more difficult positions, or combining the same position with more and more difficult movements, or by combining gradually more difficult positions with more and more difficult movements.

The increase of muscular resistance can be brought about in

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various ways. In Swedish institutions for medical gymnastics we make use of either manual resistance by another person, or machines especially devised for this purpose are employed to resist muscular contraction. In the schools the aim is not a therapeutic one, but it is two-fold, hygienic and educational. We have to deal there not with individual patients, but with classes of boys and girls representing a certain average standard of health and development. We must be prepared to direct at the same time, if need be, a class of two hundred persons or more. This is necessary not only for the sake of greater convenience, simplicity and economy, but for the all-important reason that the coöperation of many individuals brings to our aid certain educational principles of such intrinsic value that they may be considered indispensable.

The muscular resistance must of necessity be arranged in a somewhat modified form while working under these complications. Ling deduced this principle, in Swedish Educational Gymnastics, to let one part of the body by its weight resist the muscular contraction in another part. Every active movement involves a certain amount of resistance. In the flexion of the elbow, for instance, the muscles called into action have to overcome a resistance equal to the combined weight of all the segments of the arm from the elbow joint to the last phalanges, multiplied by the imaginary lever from which this weight is suspended at the elbow joint, and added to this product, the resistance made by the friction of the joint and the resistance made by the antagonistic muscles. Varying the position, the amount of such resistance can be made greater or less by lengthening or shortening the lever, or by changing the friction in the joint from assistive to resistive, and *vice versa*.

This principle is followed out in the details of the arrangement and execution of these movements of the Swedish gymnastics. The apparatus used in Swedish gymnasia assists in bringing the body into varying positions that grade the amount of resistance to suit the purpose. For example, the resistance to the flexor muscles of the forearm can be increased along a scale ranging from the

amount of contraction needed to raise the forearm and hand to that required to lift the whole body. But whether the resistance be given by the hand of another person, by a machine, or by the leverage of another part of the body, the degree must always be commensurate with the individual conditions, and it should not be increased so as to call into operation the *maximum* or highest power of the pupil. The most favorable amount, or the *optimum*, is always somewhat lower, and the practical test for this *optimum*, as given by Ling, is that the movement must be performed with full, free breathing, and with accuracy, that is to say, without shaking or disturbing interference from other muscles. It is the purpose of the training to gradually raise the *optimum*.

Movements with even a lower resistance than that caused by the segments moved, are also used in Swedish gymnastics; indeed, it may be reduced to nil and the movement be entirely passive. But these movements are made use of for certain purposes that do not fall within the field of educational gymnastics, but belong to medical gymnastics. The resistance employed in Ling's gymnastics, therefore, is graded between zero and the weight of the body, which for an average man would be equal to a pair of dumb-bells of one hundred and fifty pounds weight together.

Finally, an important side of the gymnastic progression is expressed in the training of a number of pupils to *coöperate* in movements of a gradually increasing complexity, as illustrated in *marching evolutions*, *gymnastic games*, and *gymnastic dances*.

The marching evolutions demand of every pupil entire control of himself, that he may be able to move in correct pose through distinct lines and angles. The correctness and beauty of the evolution depend upon the close attention of each member of a line to the movements of the other members, and in striving to keep his movements in exact harmony with theirs, and his line in exact harmony with the other lines executing the same evolution. This complexity demands exact coördination of the functions that regulate the movements. Furthermore, upon the moral side it offers

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an entertaining variation from some of the other constituents of the gymnastic day's order.

In such movements as jumping, for instance, each pupil works independently of the others and is to a certain extent permitted to yield to his natural desire to outstrip his companions. Freedom, independence, and competition suggest themselves. But the pupils are allowed to indulge their desires in this respect only after their bodies, by foregoing preparatory work, have been made ready for, and worthy of, such more pleasurable and exciting trials, by compliance with all the requirements of the foregoing movements. One department of the day's order is thus made a prize for good work in the others.

In the marching evolutions there is still another lesson to be gained. It is a moral lesson that appeals to our sense of justice, teaching the mutual reverence and respect that are due to our fellow-men. The marching evolutions demand for their success that every pupil, it matters not how superior he may be in individual competition, shall keep his shoulders in a line with his perhaps less fortunate brother or sister. This suggests fraternity and interdependence for coöperative purpose, and mutual submission for joint benefit and common success. Let us not underestimate the value of this moral lesson interwoven with all the other benefits in the gymnastic day's order and suggested to the pupils throughout every day's gymnastic drill.

Gymnastic games are a form of applied gymnastics. They occupy, in relation to the gymnastic day's order, about the same place as running and jumping, although representing a more advanced stage. They have that in common with running and jumping that they bring about the joint efforts of all parts of the body, while the previous classes of movements in the gymnastic day's order are all more or less localized upon a special part. But this generalization of the exertion is carried out in gymnastic games to an extent which in jumping is only vaguely suggested. In order to understand this clearly we must analyze these forms

of exercises not alone from the physical, but also from the psychological side.

All the movements which have been represented as constituents of the gymnastic day's order, from its beginning up to running and jumping, as also the movements that follow after jumping and end the day's order, are executed in accordance with commands given by the leader of the exercise which demand close attention. The full significance of the words of command is not exactly understood by considering them as merely a means of simplifying the work. They can in a measure be compared to gymnastic apparatus, in its relation to gymnastic exercises. Gymnastic apparatus, as has already been suggested, assists in localizing and grading the physical work. The words of command assist in bringing about a mental localization, or rather an intellectual passivity and direction of will power towards the gymnastic exercises. They should obliterate all necessity for the pupil to occupy his intellectual force in deciding what is to be done, the teacher having that responsibility. His mental efforts should be spared so as to enable him to localize and concentrate all his volitional powers on the physical side throughout all the movements of this character. Any teacher knows that in drilling in language or mathematics, if there is to be success the volitional powers of the pupil must be localized and concentrated upon the mental side, and that his attention must be directed towards the object of the teaching. It should not surprise us that in physical drill for educational purposes there is a parallel condition.

In gymnastic games, which presuppose a certain proficiency in physical culture already acquired, there is a more general distribution of the physical as well as mental work. There the rule of the game itself acts as the rigid disciplinarian who commands what shall be done and decides the exact time when it shall be done during all the varying chances of the game. But all these chances must be perceived and measured by every participant, and both the perception and the conclusion must be simultaneous, and the exe-

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cution of what is wanted must be instantaneous; it may be a swift run, or a swift ball, or a swift and vigorous lunge. In short, there is combined a demand for swiftness and exactness of mind with swiftness and vigor and exactness in coördination of the physical exertions. In addition they bring in the stimulus of mental excitement. It will be understood, then, why, from the standpoint of Ling's doctrines, educational gymnastics proper are considered as the basis and necessary preliminary for gymnastic games and other forms of applied gymnastics. In Sweden there exists a rich supply of old games that have for a long time been in vogue among the peasantry and that have a great fascination for the youth. Still the whole branch of applied gymnastics has not yet received the same scientific elaboration as educational gymnastics proper, although great interest is manifested in that direction. Devotion to gymnastic games is encouraged as an advanced form of gymnastics.

In Sweden fencing is extensively made use of as representing the educational principles involved in gymnastic games. Fencing, whether it be with foils, broadsword, bayonet or dirk, demands swiftness and exactness of perception and judgment, swiftness and exactness of action; in short, it demands in its highest form that mental and physical coöperation which has been represented as the most essential characteristics of gymnastic games when considered from an educational standpoint. In the hundredth part of a second sometimes is decided the fate of the lunge, or cut, and the success of the contestant depends upon his ability to seize instantly the opportunity offered. Fencing, like gymnastic games, adds the stimulus of mental excitement. But fencing differs from the most popular games in several essential points; it does not require acres of ground for a small number of pupils, it does not require hours of continued practice, but can be graded off in fifteen minutes, in ten, or five, as circumstances demand. In short, the amount of excitement and exertion can be easily measured to suit the purpose, and it can be brought into a gymnastic day's order, preceded by

movements that prepare for this compound exertion, and succeeded by movements that prepare for repose.

Gymnastic dances are another form of applied gymnastics. They have this in common with both jumping and gymnastic games that they bring about compound coördinate actions of all the parts of the body. But the difference is an essential one.

Like gymnastic games they differ from jumping by bringing higher mental functions into operation with the physical exertion. But the mental component in the dances is of an entirely different kind. It is not quick, clearly comprehended thoughts that regulate the movements. It is something vaguer, richer, and fuller, something more concrete, less distinct. The æsthetical perceptions, the emotions and sentiments, take command, and the positions and movements of the body become their expression. The æsthetical moment being preëminent, this form of applied gymnastics approaches the æsthetical gymnastics and perhaps ought to occupy the same systematic relation to this branch as the gymnastic games do to educational gymnastics. Confession is made, however, that it is too soon yet to say much concerning gymnastic dances in connection with rational gymnastics. They have not yet received the scientific elaboration and finish that are necessary to prepare them for enrollment as a part of systematic gymnastics.

There exists, however, even for this form of applied gymnastics an immense supply of rich material in the old Swedish folk-dances, and this material has lately created an enthusiastic interest that promises well for the future. A movement was recently made among the young Swedes in the universities to rescue from oblivion the remains of a culture that had almost disappeared. Associations were formed among the students for the purpose of collecting from the peasantry the songs and tales, dances and games, that for so long a time have been the property of the people, and which have preserved through generations the characteristics of a peculiar culture. There is in those old dances an echo of that indestructible fresh good-temper and hardiness of nature that form constituents



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of the old Swedish folk-character. An idea of some of these dances may be gained when it is remembered that it is but about twenty-five years since, in certain provinces of the north of Sweden, a girl looked upon that man as inferior who could not kick twice his own height, and in the dance lift her over his head while on his toes he moved his feet in time with the quick rhythm of the music, or who could not execute handsprings without losing a beat in the measure.

The gymnastic dances are rhythmical. As already mentioned, they do not call for intellectual reasoning. The movements must be done in harmony with æsthetical perceptions and sentiments, and this demands a certain amount of volitional relaxation. The movements must be those which by previous training have already become nearly automatic. It is only through this unmindfulness that they can meet the requirement of the æsthetical perceptions; and to those same æsthetical perceptions is the music applied. The music consequently assists on the physical side in bringing about volitional passivity, awakening the æsthetic receptivity and in conforming the movements to the perceptions, just as in educational gymnastics the word of command brings about the volitional localization on the physical side and regulates the muscular work that shall be done in accord with the volitional impulses.

To one who has had the patience to follow this outline of the theory of Ling's system it will be obvious that in order to carry out a practical work in accord with its principles there is needed a detailed and thorough knowledge of the movements, their mechanism and reactions upon the body and mind. All structures of the human body must be studied in their relation to the movements, and all sciences that can throw any light upon the subject must be consulted. Normal and morbid anatomy, physiology, hygiene and therapeutics; natural, mental and moral philosophy, pedagogics, æsthetics, general and specific statistics,—all these have their share as auxiliaries when the subject of gymnastics is under consideration. Gymnastics is not a department of any other science. It is, and for the sake of its progress it needs to be, a cause in itself.

Only such movements are enrolled in the Swedish *materia gymnastica* as have a distinctly known effect, of such a character as to add value with reference to the gymnastic purposes which have been represented as embraced within the province of Swedish gymnastics. Ling's teachings are in discord with the adherents of the all-possibilities' theory, which advocates the practice of all movements that possibly can be performed, claiming that the very fact that a movement can be done proves sufficiently that it is beneficial to practice it. Ling made clear his standpoint on this question by the simple words: "We must not swallow everything that can possibly pass the throat." We select food according to dietic principles and taste, so we must discriminate between the movements which we enroll in our gymnastics. Many of the possible movements interest us only as material for our studies. Certain of them are selected, others rejected. In the first place, those are eliminated which are considered injurious, as for instance such movements as contract the chest, or those which produce a long-continued pressure upon large blood-vessels, or otherwise cause too long increase of local blood pressure in some region of the vascular system, or those that produce such a pressure upon the larger nerves. All movements that have tendencies to produce faulty posture or deformities are properly discarded.

After selection upon such principles there still remain many which, while harmless, are of no distinct gymnastic value, as for instance, stretching of the tongue in different directions in accord with words of command. Such movements are left to the gymnastic pharmacopœia of the all-possibilities' school.

After such a process of elimination there yet remains a sufficiently high number for allowing of infinite variety. If we begin to compute them, we shall very soon reach figures that add thousands to thousands.

The selection of movements, together with the gymnastic progression expressed in the gymnastic day's order, form together the characteristics of Ling's system.

## INTRODUCTION.

Gymnastic movements, however complicated, are resolved, in the last instance, to some sixty elementary motions. Only a few gymnastic movements are the direct product of simple elementary motion in one joint. They are composed of two or more motions in several joints, and the most complicated are composed of a great number of elementary motions in nearly all the articulations, brought into coördinate action. It may not seem strange that the number of such combinations is infinite. The whole infinite variety of things perceived by our senses is made up of less than seventy material elements. The combinations of these form the great material mass of the universe; or, using another figure: In a language, all the words of the vocabulary are composed of a comparatively small number of elementary sounds, by the combination of which, in different numbers and different relations, all the ideas can be expressed which together form the intellectual treasury of a people. The English language, for instance, is built up of less than seventy elementary sounds. By these there can be produced combinations in infinite manifoldness and variety. Out of this great mass only some one hundred thousand combinations

have been selected of such character that they are adequate to suggest ideas to the mind and assist in their comprehension and expression. To these comparatively few combinations for the expression of ideas is due the powerful development of the Anglo-Saxon brain.

And so by the sixty elementary motions of the human body there can be produced combinations in infinite number. Out of this ocean of possibilities the Swedish educational gymnastics has selected those combinations which suggest gymnastic ideas, and which help towards the fulfillment of gymnastic, hygienic, and educational purposes. These movements constitute an arsenal of physical agents. They place alongside the vocabulary of *literal* formulas, another vocabulary of *physical* formulas, which from the muscles reach the brain, as do the words through the eyes and ears, and by so doing they may be credited with aiding on the physical side to develop the efficiency of the brain and widen the boundaries of the volitional dominion of individuals, and through them of the nation.



# PROGRESSIVE GYMNASTIC DAY'S ORDERS

## DEFINITIONS AND DIRECTIONS



## DEFINITIONS AND DIRECTIONS.

The immediate purpose of these pages is to furnish partial material for the demonstration of the "Gymnastic Day's Order" and the "Gymnastic Progression" for the pupils of the Boston Normal School of Gymnastics, the Girls' Normal School of Boston, and the Chautauqua School of Physical Education.

They are intended also to furnish a guide for the normal drill in school gymnastics of those teachers who conduct gymnastic class-work in the public schools.

These days' orders contain only plain statements without argument. They are arranged in accord with the principles of Swedish gymnastics, as presented by the writer in his paper, "The Gymnastic Progression." They will be followed by a second collection, and eventually by a series of practical hints to teachers of gymnastics.

### DEFINITION OF TERMS USED IN THE DAYS' ORDERS.

*Fundamental Standing Position.* Command: *At-tention!* *Position!* Heels together in the same line; feet equally turned out at right angle; knees extended, not stiff; hips straight beneath the trunk; chest arched forward; shoulders drawn backward on the same level; arms extended downward; palms turned against the thighs, lightly touching them; fingers extended, close together; head erect; chin not pushed forward; eyes to the front.

The command *Rest!* In place *rest!* means that an easy position is to be taken free from strain; in place *rest*, means one heel must be kept in the same place as it was before the rest.

*Wing.* Command: *Hips firm!*

From fundamental position the hands are moved quickly to the hips, grasping over the anterior part of the crest; thumbs backward, other fingers forward; elbows in the plane of the shoulders, that remain in fundamental position.

*Think.* Command: *Forehead firm!*

From fundamental position arms are moved quickly up, palms over forehead; elbows kept in the plane of the shoulders.

*Rest.* Command: *Neck firm!*

From fundamental position hands are moved quickly up; palms placed against the back of the neck; tips of fingers touching each other; elbows kept in the plane of the shoulders.

*Bend.* Command: *Arms upward bend!*

From fundamental position fore-arms are flexed quickly up against the upper arm; flexion complete; elbows to the sides; hands lightly flexed; palms turned toward the shoulders; fingers pointing toward the shoulders; the position of the shoulders unchanged.

*Cross(a).* Command: *Arms forward bend!*

From fundamental position the arms are flexed at elbows and raised quickly to horizontal position; flexion complete; fore-arm at same height as upper arm; hands extended; palms down; elbows drawn backward in the plane of the shoulders.

*Cross(b).* Command: *Arms half forward bend!*

From fundamental position the arms are raised up as in the preceding position, but elbows bent only to right angle; fore-arms and hands horizontal forward; palms turned toward each other.

*Cross(c).* Command: *Arms sideways stretch!*

From fundamental position, 1st, arms are moved up to bend-position; 2d, the arms are extended forcibly sideways in the plane of the shoulders; hands level with the shoulders, palms turned downward; position of shoulders unchanged.

Or command: *Arms sideways raise!*

The same position is taken by slowly and evenly raising the extended arms in the planes of the shoulders to horizontal position.

Or command: *Arms sideways fling!*

The same as the preceding, but moving quickly.

## DEFINITIONS AND DIRECTIONS.

*Cross (d).* Command: Hands *turn!*

From cross (c) position the palms of hands are turned horizontally upward.

*Cross (e).* Command: Arms half sideways *bend!*

Position the same as cross (d), but with the elbows bent to right angle; fore-arms and hands perpendicularly up; palms toward the head.

*Reach.* Command: Arms forward *stretch!*

From fundamental position, 1st, bend-position; 2d, arms extended forcibly forward, horizontally; palms of hands facing each other at shoulders' breadth's distance.

Or command: Arms forward *raise!*

The same position is taken by slowly raising the arms forward while extended and parallel to each other.

Or command: Arms forward *fling!*

The position is taken by the same movement made quickly.

*Stretch!* Command: Arms upward *stretch!*

From fundamental position, 1st, bend-position; 2d, arms extended forcibly upward to perpendicular position; hands extended; palms turned toward each other at shoulders' breadth's distance.

Or command: Arms forward — upward *raise!*

Arms in full extension are raised slowly forward and upward, moving parallel to each other to stretch-position.

Or command: Arms forward — upward *fling!*

Stretch standing position is taken by a movement similar to the preceding, but made quickly.

Or command: Arms sideways — upward *raise!*

From fundamental position the arms are moved sideways as prescribed for cross (d), and continue without interruption at this point to move in the plane of the shoulders to stretch-position.

*Close.* Command: Feet *close!*

From fundamental position the soles are lifted from the floor and the feet are turned simultaneously quickly inward, the inner

margins of the feet meeting each other in the antero-posterior plane and touching each other from heels to toes.

*Stride.* Command: Feet sideways *place!*

From fundamental position, 1st, the left foot is moved sideways the distance of a foot-length, heels on the same line (side-plane) and the angle of the feet unchanged; 2d, the right foot is moved in the same manner to the right side, the distance between the heels being twice the length of the foot; the weight of the body distributed equally between the feet.

*Walk (a).* Command: Left (right) foot outward *place!*

From fundamental position the left (r) foot is moved quickly outward in its own prolonged direction (the forward diagonal-plane) a distance twice its own length, and planted without change in the angle of the feet; the weight of the body equally between the feet; the plane of the shoulders parallel with the plane from which they are moved.

Or command: Right (left) foot backward — outward *place!*

The foot is moved and planted in a similar manner, but in the prolongation backward of the direction of the other foot (backward diagonal plane).

*Walk (b).* Command: Left (right) foot forward *place!*

From fundamental position the left (r) foot is moved quickly straight forward (antero-posterior plane) twice its own length; angle of feet unchanged; weight of body equally between both; shoulders in a plane parallel with that from which they are moved.

Or, Left (right) foot backward *place!*

The foot is placed in a similar manner straight backward.

*Walk (c).* Command: Left (right) foot forward (or backward) *place!*

From close-standing position left (right) foot is placed straight forward (backward) twice its own length; feet parallel pointing straight forward; weight of body equally between both; the shoulders in a plane parallel with the plane from which they are moved.

## DEFINITIONS AND DIRECTIONS.

*Walk (d).* Command: Left (right) foot crosswise *place!*

From fundamental position the left (right) foot is moved outward in the direction of the other foot (left foot in the right-anterior diagonal plane; right foot in the left-anterior diagonal plane); the distance between the heels twice the length of the foot; angle of the feet unchanged; shoulders in a plane parallel with the plane from which they are moved.

Or, Left (right) foot crosswise backward *place!*

The foot is moved in the same manner, but in the right (left) posterior diagonal plane.

*Toe.* Command: Heels *raise!*

From fundamental position the body is lifted straight up as high as possible by stretching the insteps; heels kept together; body well poised.

*Knee-bend.* Command: Knees *bend!*

From fundamental position the knees are bent slowly to right angle, moving in the direction of the feet; body well poised.

*Deep knee-bend.* Command: Knees deep *bend!*

From knee-bend position the bending of the knees is continued after the same prescription slowly as far as possible, but the position still remaining an active, well-poised one, not a passive sitting on the calves.

*Half hook (a).* Command: Left (right) knee upward *bend!*

From fundamental position the weight of the body is moved over to the right (left) leg and the left (right) knee bent quickly up straight forward; right angle's flexion in the hip; the thigh horizontal; the leg perpendicular; instep extended; toes pointing downward and outward.

*Half hook (b).* Command; Knee *stretch!*

From half hook (a) standing position the bent knee is extended slowly until the leg with extended instep comes in a straight line with the thigh; the knee not lowered or as slightly as possible; body well poised.

*Bow.* Command: Trunk backward *bend!*

The body is bent slowly backward; the knees remain extended; the position of head and arms unchanged during the movement.

*Twist.* Command: Trunk to left (right) *twist!*

From fundamental position the body is twisted slowly as far to the side as possible; no change in the position of the legs or hips nor in the poise of the head.

*Prone.* Command: Trunk forward *bend!*

From fundamental position the body is bent at the hip-joints slowly forward as far as possible; the back kept stretched; poise of head and shoulders unchanged; the knees extended.

*Stoop.* Command: Trunk downward *bend!*

From prone-standing position the bending at the hip-joints continues as far down as possible by relaxing the muscles of the back, the knees remaining in complete extension. This position lasts only a moment; at the immediately following command: Trunk forward *raise!* the body is brought up again to prone position by a forcible contraction of the muscles of the back. Stoop-standing position such as described should always be given immediately after exercises in bow-position, and is used only then (in school gymnastics). It must not be confounded with downward-bending of trunk with stretched back, which is a more advanced prone-standing position, in form as well as effect different from the stoop-standing position.

*Fallout (a).* Command: Left (right) outward *fallout!*

From fundamental position the body is quickly inclined outward, the foot moved in its own direction a distance of three times the length of the foot; the knee of the forward foot is bent to right angle; the weight of the body over the forward foot; the backward leg in full extension, its foot firmly on the floor from heel to toe; the trunk is carried up in the prolonged direction of the backward leg; poise of head and shoulders unchanged; plane of shoulders parallel with the plane from which they are moved.

Or, Left (right) backward — Outward *fallout!*

The same position is taken by moving the foot in a similar man-



## DEFINITIONS AND DIRECTIONS.

ner in the direction of the other foot backward (posterior diagonal planes).

*Fallout (b).* Command: Left (right) forward (or backward) *fall-out!*

From fundamental position the body is inclined forward quickly and the left (right) foot moved straight forward (or backward) three times its own length; particulars such as described for Fallout (a).

*Fallout (c).* Command: Left (right) forward (or backward) *fallout!*

From close-standing position, this position is taken by a movement similar in particulars with Fallout (b).

*Arch* means that the whole body is bent backward from heels to hands, forming an arch-curved line.

*Fall* signifies such an inclined position of the body as to make the line of gravity to fall beyond the base of support.

*Horizontal* indicates that the body is poised in a horizontal plane.

*Prone-falling.* Command: Prone-falling position *place!*

From fundamental position, 1st, the body is bent down forward by flexion in hip-, knee-, and ankle-joints, the hands placed at the floor (chair, desk, etc.) shoulders' breadth's distance from each other, converging at right angles; 2d, by extension of the body the feet are placed as far backward as possible, the whole body forming a straight line inclining from head downward to the heels, supported by the perpendicularly extended arms and the toes; heels together; head well poised.

*Horizontal-falling.* Command: Horizontal-falling position *place!*

The position in particulars as the preceding one, but, while the

hands are placed on the floor, the feet are placed at a bench or similar appliance, so that the body is poised horizontally in a straight line from neck to heels; head well raised.

*Stoop-falling.* Command: Stoop-falling position *place!*

In particulars like the two preceding ones, but the support of the feet is still higher up, so that the body inclines in a straight line from the heels downward to the neck; the head turned forward. The feet may gradually be raised so high that the body is almost perpendicular and the position approaches the next following.

*Arch-stoop-standing.* Command: Arch-stoop-standing position *place!*

From fundamental position, facing a wall, place the hands at the floor, the distance from the wall about twice the length of the foot, and then fling the feet up against the wall, the head remaining turned forward; the back bent and the knees bent, the whole body from the heels to the hands forming an arch-curved line.

*Half*( $\frac{1}{2}$ ) means that the prescription concerns only the position of one arm or one leg.

*Double* (2) indicates that both the arms or both the legs must do the same movement simultaneously.

*Alternate* signifies that the one arm or the one leg after the other shall do the same movement in alternate interchange; or, when it concerns the trunk, that the movement is to be done to the left and the right side in a somewhat quick alternate interchange.

*Living support*(:) means that the movement is to be done by one pupil while in a certain way supported by another.

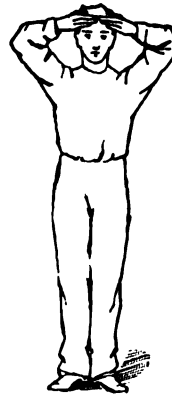
The names of the complicated positions are formed by combinations of these terms.



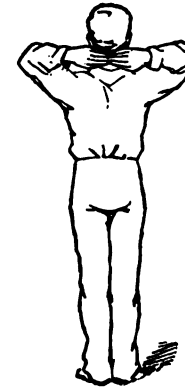
1. Fundamental Standing Position.



2. Wing-standing Position.



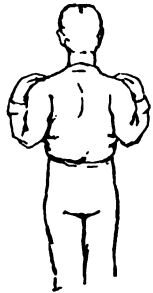
3. Think-standing Position.



4. Rest-standing Position.



5 A. Bend-standing Position.



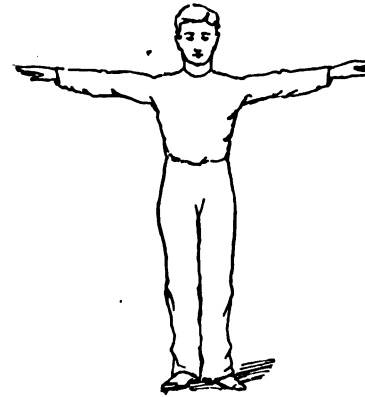
5 B. Bend-standing Position.



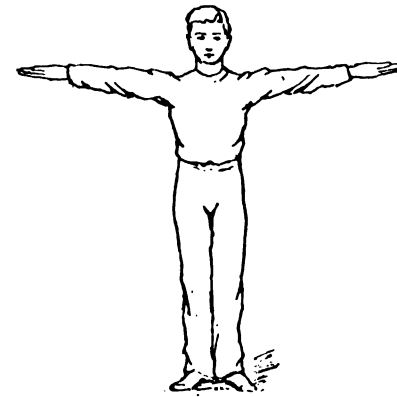
6. Cross(a)-standing Position.



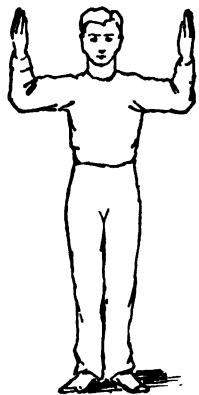
7. Cross(b)-standing Position.



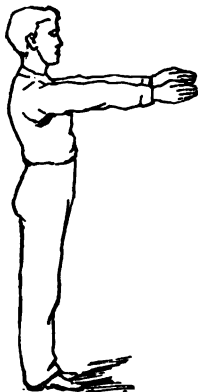
8. Cross(c)-standing Position.



9. Cross(d)-standing Position.



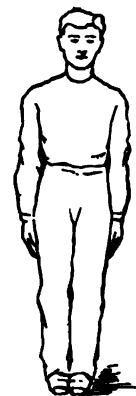
10. Cross( $\epsilon$ )-standing Position.



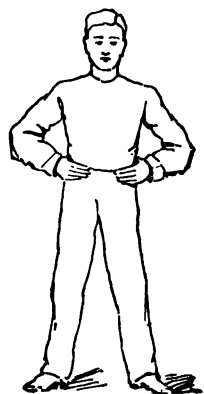
11. Reach-standing Position.



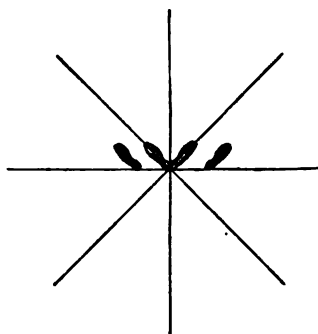
12. Stretch-standing Position.



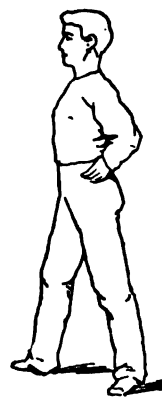
13. Close-standing Position.



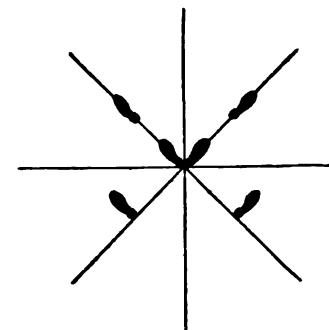
14 A. Stride-standing Position.



14 B. Stride-standing Position.



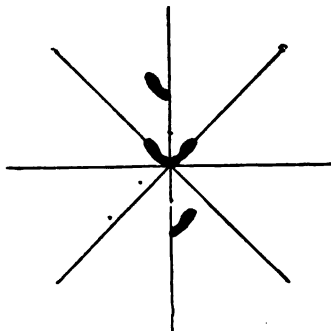
15 A. Walk( $\alpha$ )-standing Position.



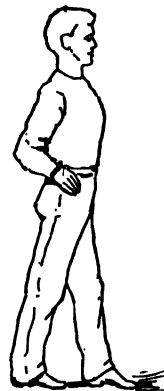
15 B. Walk( $\alpha$ )-standing Position.



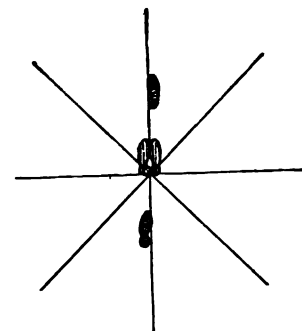
16 A. Walk( $\delta$ )-standing Position.



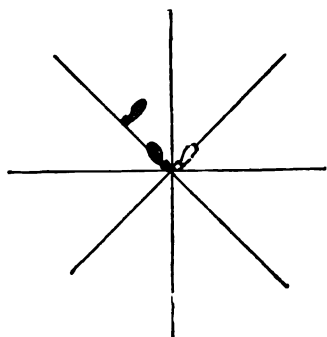
16 B. Walk( $\delta$ )-standing Position.



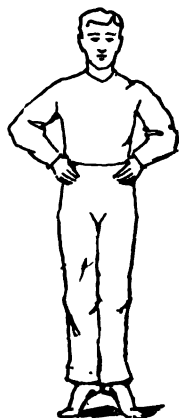
17 A. Walk( $c$ )-standing Position.



17 B. Walk( $c$ )-standing Position.



18. Walk( $d$ )-standing Position.



19 A. Toe-standing Position.



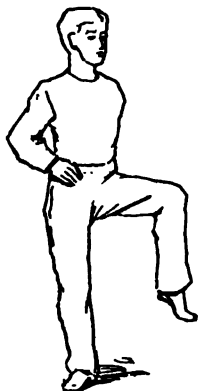
19 B. Toe-standing Position.



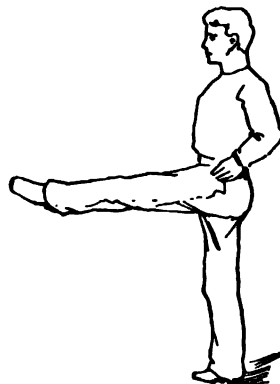
20. Toe-knee-bend-standing Position.



21. Toe-deep-knee-bend-standing Position.



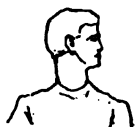
22. Half-hook(a)-standing Position.



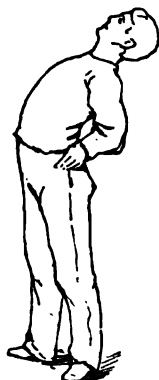
23. Half-hook(b)-standing Position.



24. Standing Backward-bending of head.



25. Standing Rotation of head.



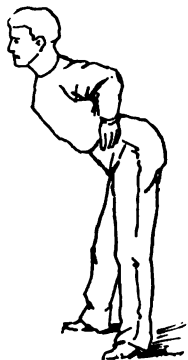
26. Bow-standing Position.



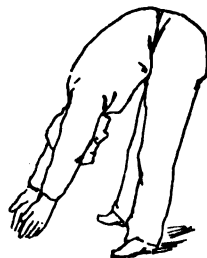
27. Twist-standing Position.



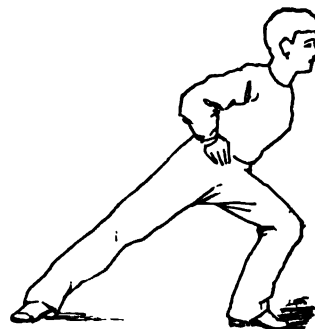
28. Standing Side-bending.



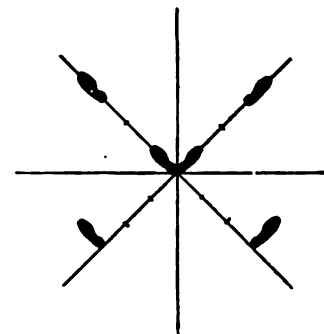
(Wing-stride)-prone-standing  
Position.



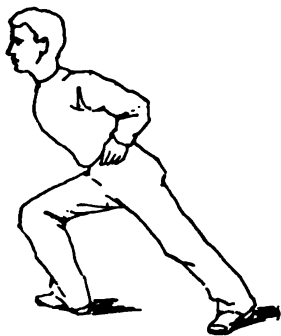
30. Stretch-stoop-standing  
Position.



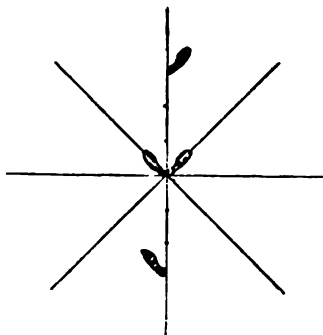
31 A. (Wing)-fallout(a)-standing  
Position.



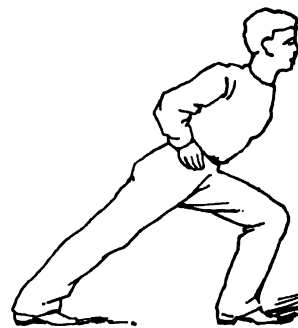
31 B. Fallout(a)-standing  
Position.



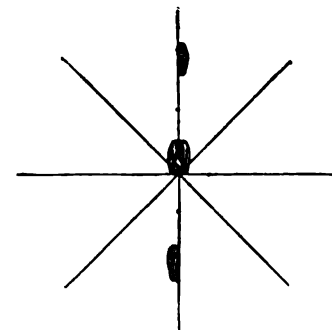
32 A. (Wing)-fallout(b)-standing  
Position.



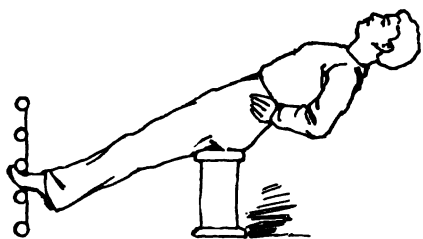
32 B. Fallout(b)-standing  
Position.



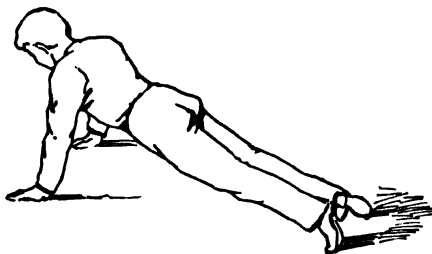
33 A. (Wing)-fallout(c)-standing  
Position.



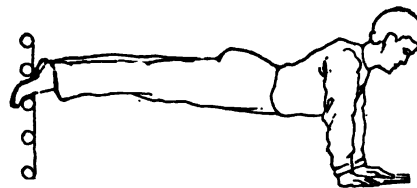
33 B. Fallout(c)-standing  
Position.



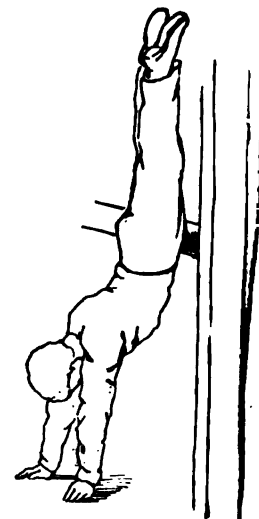
34. (Wing)-opposite-fall-sitting Position.



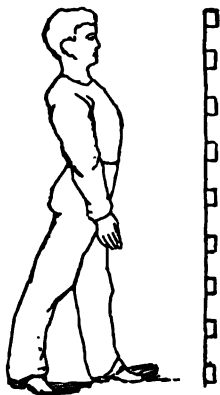
35. Prone-falling Position.



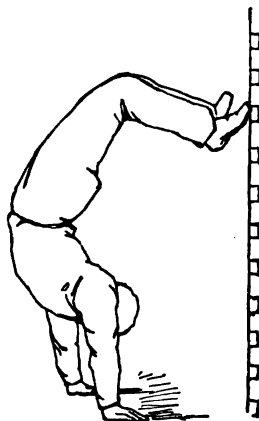
36. Horizontal-falling Position.



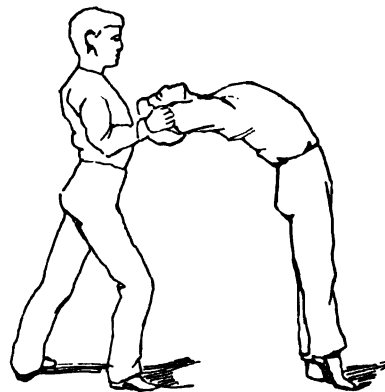
37. Stoop-falling Position.



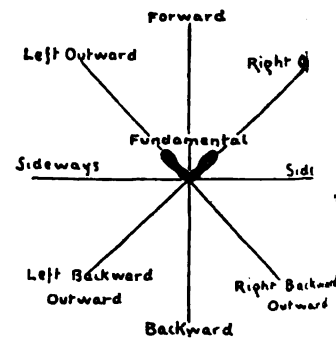
38 A. Arch-stoop-standing Position.



38 B. Arch-stoop-standing Position.



39. Rest-bow-standing, a heel-raising (:), illustrating the term "living support" (:).



40. Diagram of the Planes of the Movements.

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## FIRST DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Fundamental standing position — Rest.	<i>Position! In place rest! Rest!</i>	
2. Standing, foot-placing sideways.	<i>Feet sideways place! Feet together place!</i>	Incorrect angle of feet; body not equally between the feet.
3. Standing, head-bending backward.	<i>Head backward bend! Head upward raise!</i>	Chin pushed forward.
4. Wing-standing position.	<i>Hips firm! Position!</i>	Hips pushed forward.
5. Wing-stride standing, 2 heel-raising.	<i>Hips firm! Feet sideways place! Heels raise! Heels sink! Feet together place! Position!</i>	Knees not extended; instep not stretched sufficiently.
6. Cross (c)-standing, 2 arm-rotation.	<i>Arms sideways raise! Arm-rotation one, two! Arms downward sink!</i>	Hands not on the same level; rotation incomplete.
7. Standing, backward-bending of trunk (gently).	<i>Trunk backward bend! Trunk upward raise!</i>	Head dropped forward or backward; chest flattened down and hips pushed forward; knees not extended.
8. Standing, side-bending.	<i>Trunk to left (right) bend! Upward raise!</i>	Trunk twisted; bending not kept in the side-plane, one heel raised, one knee bent, head bent to upward side.
9. March in place.	<i>Mark time, mark! Halt!</i>	Balance unfirm; shoulders and hips swaying sideways.
10. Wing-stand., 2 knee-bending.	<i>Hips firm! Knees bend! Knees stretch! Position!</i>	Knees moving in front of diagonal planes; trunk bent forward.
11. Stand., 2 arm-raising sideways.	<i>Arms sideways raise! Arms downward sink!</i>	Elbows, wrist, and fingers not extended; arms not level, or not moving in side-plane.

## SECOND DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Alignment (forward).	<i>Forward dress !</i>	
2. Wing-standing, closing and opening of feet.	<i>Hips firm ! Feet close ! Feet open ! Po-sition !</i>	Feet sliding against the floor, closing or opening incomplete.
3. Wing-standing, head-rotation.	<i>Hips firm ! Head to left (right) twist ! Head forward twist ! Po-sition.</i>	Head bent forward or sideways, twisting incomplete.
4. Bend-standing, position.	<i>Arms upward bend ! Arms downward stretch !</i>	Head dropped forward; chest flattened down; hips pushed forward; elbows pushed sideways or forward; flexion of elbows incomplete; hands too contracted or turned forward (pronated) or placed in front of the chest.
5. Cross (c)-standing, 2 heel-raising.	<i>Arms sideways raise ! Heels raise ! Heels sink ! Arms downward sink !</i>	Heels parted; knees not extended.
6. Wing-stride-stand., forward-bending of trunk.	<i>Hips firm ! Feet sideways place ! Trunk forward bend ! Trunk upward raise ! Feet together place ! Po-sition !</i>	Head dropped forward; chin pushed forward; knees bent; back curved; shoulders not pulled backward.
7. Standing, backward-bending of trunk (gently).	<i>Trunk backward bend ! Trunk upward raise !</i>	See 1st day's order, 7.
8. Wing-stride-standing, side-twisting.	<i>Hips firm ! Feet sideways place ! Trunk to left (right) twist ! Trunk forward twist ! etc.</i>	Head twists independently; hips share in the twisting; knees bent; heels raised or sliding.
9. March in the place.	<i>Mark time mark ! Halt !</i>	See 1st day's order, 9.
10. Wing-standing, 2 knee-bending.	<i>Hips firm ! Knees bend ! Knees stretch ! Po-sition !</i>	See 1st day's order, 10.
11. Standing, 2 arm-raising forward.	<i>Arms forward raise ! Arms downward sink !</i>	Palms not turned against each other; elbows not in complete extension; arms not parallel and level with the shoulders; chin pushed forward.

## THIRD DAY'S ORDER.

### MOVEMENTS.

1. Alignment (sideways).
2. Wing-standing, foot-placing outward.
3. Wing-standing, backward-bending of head.
4. Cross (a)-standing position.
5. Wing- $\frac{1}{2}$ -standing position.
6. Cross (a)-standing, to cross (b)-standing position.
7. Wing-stride-standing, backward-bending of trunk (gently).
8. Wing-stride-standing, side-bending.
9. In place march and quick mark time.
10. Wing-stride-standing, 2 knee-bending.
11. Standing, 2 arm-raising forward-upward.

### COMMAND.

Right (left) *dress!* *Front!*  
 Hips *firm!* Left (right) foot outward  
*place!* Foot *re-place!* *Position!*

Hips *firm!* Head backward *bend!* Head  
 upward *raise!* *Position!*

Arms forward *bend!* Arms downward  
*stretch!*

Hips *firm!* Left (right) foot *raise!* Foot  
 downward *place!* *Position!*

Arms forward *bend!* Arms half *stretch!*  
 Hands *turn!* *Position!*

Hips *firm!* Feet sideways *place!* Trunk  
 backward *bend!* Trunk upward *raise!*  
 Feet together *place!* *Position!*

Hips *firm!* Feet sideways *place!* Trunk  
 to left (right) *bend!* Upward *raise!* etc.

Mark time, *mark!* Quick time, *mark!*  
*Halt!*

Hips *firm!* Feet sideways *place!* Knees  
*bend!* Knees *stretch!* etc.

Arms forward-upward *raise!* Arms for-  
 ward-downward *sink!*

### FAULTS.

Incorrect angle and distance of the feet;  
 plane of shoulders twisted; body not  
 equally between the feet.

See 1st day's order, 3.

Arms not level with the shoulders; el-  
 bows not perfectly flexed, not drawn  
 backward; hands not level and parallel  
 with the arms; palms not turned down.

Body tipping over to the sides; carriage  
 of head and chest disturbed; knee  
 of supporting-leg bent.

Position of head and chest disturbed;  
 elbows not at right angles, not level  
 with the shoulders; hands not ex-  
 tended; palms not facing each other.

Compare 2d day's order, 7.

See 1st day's order, 2 and 8.

See 1st day's order, 9.

See 1st day's order, 2 and 10.

Compare 2d day's order, 11; arms not  
 perpendicularly extended upward; head  
 dropped forward or bent backward.

## FOURTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Facing.	Left (right) <i>face!</i>	Balance uncertain; knees bent; poise of head, shoulders, and arms disturbed.
2. Wing-close-standing, foot-placing forward.	Hips <i>firm!</i> Feet <i>close!</i> Left (right) foot forward <i>place!</i> Foot <i>replace!</i> Feet open! <i>Position!</i>	Advanced foot turned outward; distance of feet incorrect; compare 3d day's order, 2.
3. Wing-standing, side-bending of head.	Hips <i>firm!</i> Head to left (right) <i>bend!</i> Head upward <i>raise!</i> <i>Position!</i>	Head dropped forward or bent backward.
4. Rest-standing position.	Neck <i>firm!</i> <i>Position!</i>	Elbows in front of side-plane; head pushed forward; chest flattened down; wrist-joints over-extended.
5. Rest-standing, 2 heel-raising.	Neck <i>firm!</i> Heels <i>raise!</i> Heels <i>sink!</i> <i>Position!</i>	See 2d day's order, 6 and 3.
6. Wing-stride-prone-standing, head-rotation.	Hips <i>firm!</i> Feet sideways <i>place!</i> Trunk forward <i>bend!</i> Head rotation <i>one!</i> <i>two!</i> <i>three!</i> <i>four!</i> Trunk upward <i>raise!</i> etc.	Compare 2d day's order, 7.
7. Wing-stride-standing, backward bending of trunk (gently).	Hips <i>firm!</i> Feet sideways <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	Head pushed forward or bent to the side; plane of shoulders twisted.
8. $\frac{1}{2}$ -wing- $\frac{1}{2}$ -rest standing, side-bending.	Left (right) hip, right (left) neck <i>firm!</i> Trunk to left (right) <i>bend!</i> Trunk upward <i>raise!</i> Arms <i>change!</i> etc.	Compare 1st day's order, 9.
9. March in the place and quick mark time.	Mark time, <i>mark!</i> Quick time, <i>mark!</i> <i>Halt!</i>	See 3d day's order, 10.
10. Wing-stride-standing, 2 knee-bending.	Hips <i>firm!</i> Feet sideways <i>place!</i> knees <i>bend!</i> Knees <i>stretch!</i> etc.	Arms moving in front of the side-plane; palms not turned up perfectly; not to perpendicular position; head pushed forward or bent backward.
11. Cross (d)-standing, 2 arm-raising.	Arms sideways <i>raise!</i> Hands <i>turn!</i> Arms upward <i>raise!</i> Arms sideways <i>sink!</i> Hands <i>turn!</i> <i>Position!</i>	

## FIFTH DAY'S ORDER.

- MOVEMENTS.**
1. To number off by ones and twos.
  2. Wing-standing, foot-placing forward and backward.
  3. Wing-standing, backward - bending of head.
  4. Standing, 2 arm - stretching sideways.
  5. Wing- $\frac{1}{2}$ -standing, forward raising of leg.
  6. Cross (d)-standing, 2 arm flinging upward.
  7. Wing-walk (b)-standing, backward-bending of trunk.
  8. Wing-standing, side-twisting.
  9. Wing-standing, prepare for jump.
  10. Wing-stride-standing, 2 heel-raising.
  11. Standing, circumduction of arms (large circle).

- COMMAND.**
- Number off by twos, *start!*  
*Hips firm! Left (right) foot forward (backward) place! Foot replace! Position!*
- Hips firm! Head backward bend! Head upward raise! etc.*  
*Arms sideways stretch! Arms downward stretch!*
- Hips firm! Left (right) foot forward raise! Foot downward place! etc.*
- Arms sideways stretch! Hands turn! Arms upward fling! Arms sideways sink! Position!*
- Hips firm! Left (right) foot forward place! Trunk backward bend! Trunk upward raise! Feet change! etc.*
- Hips firm! Trunk to left (right) twist! Forward twist! Position!*
- Hips firm! ——— one! two! three! four! Position!*
- Hips firm! Feet sideways place! Heels raise! Heels sink! etc.*  
*Arms forward upward raise! Sideways downward sink! or circumduction one! two!*

- FAULTS.**
- Angle and distance of feet incorrect; line of movement not straight forward; shoulders twisted and body not equally between the feet.  
 See 3d day's order, 3.
- Compare 2d day's order, 4; arms not extended straight sideways; hands not perfectly extended; or not turned palms down, or not level with the shoulders.
- Compare 3d day's order, 5; knee and instep of raised leg not perfectly extended.
- Compare 4th day's order, 11; head bent forward; shoulders pushed forward; back curved.
- Backward knee bent, or forward heel raised; compare 1st day's order, 7.
- Compare 2d day's order, 8.
- Heels not kept together, not sufficiently raised; knees not moved outward sufficiently; chin pushed forward; body bent forward or backward; balance uncertain.
- Compare 1st day's order, 5.
- Compare 3d day's order, 11; not complete extension of arms; head moving forward; trunk bending backward; chest flattened down.

## SIXTH DAY'S ORDER.

### MOVEMENTS.

1. Facing (about).
2. Wing-standing, alternate toe-raising.
3. Rest-standing position.
4. Standing, 2 arm stretching upward.
5. Wing-toe-standing, 2 knee-bending.
6. Prone-standing, 2 arm-raising sideways.
7. Wing-walk (b)-standing, backward-bending of trunk.
8. Rest-standing, side-bending.
9. Standing prepare for jump.
10. Rest-stride-standing, 2 knee-bending.
11. Standing, 2 arm-raising sideways-upward.

### COMMAND.

- Left (right) about *face* !
- Hips *firm* ! Alternate toe-raising *start* !  
Halt ! etc.
- Neck *firm* ! Po-sition !
- Arms upward *stretch* ! Arms downward  
*stretch* !
- Hips *firm* ! Heels *raise* ! Knees *bend* !  
Knees *stretch* ! Heels *sink* !
- Trunk forward *bend* ! Arms sideways  
*raise* ! Arms downward *sink* ! Trunk  
upward *raise* !
- Hips *firm* ! Left (right) foot forward  
*place* ! Trunk backward *bend* ! Up-  
ward *raise* ! Feet *change* ! etc.
- Neck *firm* ! Trunk to left (right) *bend* !  
Upward *raise* ! Po-sition !
- One ! two ! three ! four !
- Neck *firm* ! Feet sideways *place* ! Knees  
*bend* ! Knees *stretch* ! etc.
- Arms sideways upward *raise* ! Arms side-  
ways downward *sink* !

### FAULTS.

- Compare 4th day's order, 1.
- Flexion of ankle incomplete ; knees bend-  
ing ; shoulders tipping over to the sides ;  
carriage of head and chest disturbed ;  
body bent at the hip-joints.
- See 4th day's order, 4.
- Compare 2d day's order, 4 ; arms not  
moving to perpendicularly stretched  
position ; palms not facing each other  
at shoulders' breadth's distance ; head  
bent forward or backward ; carriage of  
chest disturbed.
- Compare 5th day's order, 9.
- Compare 2d day's order, 6, and 1st day's  
order, 11.
- See 5th day's order, 7.
- Compare 4th day's order, 4, and 1st day's  
order, 8.
- See 5th day's order, 9.
- Compare 3d day's order, 10, and 4th day's  
order, 4.
- Compare 1st day's order, 11, and 4th day's  
order, 11.

## SEVENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. March-step forward.	One step forward <i>march!</i> One step backward <i>march!</i>	Foot planted at the heel first; step not firm; carriage uncertain.
2. Wing-standing, fallout forward.	Hips <i>firm!</i> Left (right) forward <i>fallout!</i> Po-sition.	Angle, distance of feet, and line of movement incorrect; forward knee not sufficiently bent; trunk and backward leg not in a straight line; backward knee not perfectly extended; backward heel raised; head and chest not carried up.
3. Wing-standing, alternate quick head-rotation.	Hips <i>firm!</i> Quick head-rotation <i>one!</i> — <i>four!</i> or <i>one!</i> <i>two!</i>	Compare 2d day's order, 3.
4. Cross (a)-standing, 2 arm-flinging sideways.	Arms forward <i>bend!</i> Arms sideways <i>fling!</i> Repeat <i>one!</i> <i>two!</i> Po-sition!	Compare 3d day's order, 4, and 1st day's order, 11; shoulders lifted and pushed forward; hands not level with shoulders; chin pushed forward.
5. Wing- $\frac{1}{2}$ -standing, leg-raising backward.	Hips <i>firm!</i> Left (right) leg backward <i>raise!</i> Foot downward <i>place!</i> etc.	Compare 3d day's order, 5; chin pushed forward; trunk bent forward; knee and instep not perfectly extended.
6. Reach-standing, 2 arm-flinging upward.	Arms forward <i>raise!</i> Arms upward <i>fling!</i> Forward <i>sink!</i> Repeat <i>one!</i> <i>two!</i> Po-sition!	Arms not extended; shoulders pulled forward; chin pushed forward; trunk bent backward.
7. Rest-standing, backward-bending of trunk.	Neck <i>firm!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> Po-sition!	Compare 4th day's order, 4, and 1st day's order, 7.
8. Cross (c)-standing, side-bending.	Arms sideways <i>stretch!</i> Trunk to left (right) <i>bend!</i> Upward <i>raise!</i> Po-sition!	Compare 5th day's order, 4, and 1st day's order, 8.
9. Wing-standing, free jump in the place.	Hips <i>firm!</i> Jump in the place <i>one!</i> <i>two!</i> <i>three-four!</i> <i>five!</i> <i>six!</i>	Carriage and equilibrium uncertain; landing with heels down or parted, stiff insteps or knees, or knees bent forward.
10. Wing-standing, 2 heel-raising.	Hips <i>firm!</i> Heels <i>raise!</i> Heels <i>sink!</i> etc.	Compare 1st day's order, 5.
11. Cross (c)-standing, deep-breathing.	Arms sideways <i>stretch!</i> Deep breathing <i>one!</i> <i>two!</i> { Arms downward <i>sink!</i>	Compare 1st day's order, 11; shoulders drawn upward.

## EIGHTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. March-step backward.	One step backward <i>march</i> ! One step forward <i>march</i> !	Compare 7th day's order, 1.
2. Wing-standing, foot-placing outward and backward-outward.	Hips <i>firm</i> ! Left (right) foot outward (backward-outward) <i>place</i> ! Foot <i>replace</i> ! <i>Position</i> !	Compare 3d day's order, 2.
3. Wing-standing, backward-bending of head.	Hips <i>firm</i> ! Head backward <i>bend</i> ! Head upward <i>raise</i> ! <i>Position</i> !	See 3d day's order, 3.
4. Standing, 2 arm-stretching forward.	Arms forward <i>stretch</i> ! Arms downward <i>stretch</i> !	Shoulders pulled forward ; chest flattened down ; arms not extended ; palms not turned against each other at shoulders' breadth's distance.
5. Wing- $\frac{1}{2}$ -standing, upward-bending of knee.	Hips <i>firm</i> ! Left (right) knee upward <i>bend</i> ! Foot downward <i>place</i> ! etc.	Compare 3d day's order ; knee not bent up high enough ; instep not extended ; toe not turned outward.
6. Cross (c)-prone-stride-standing, 2 arm-rotation.	Arms sideways <i>stretch</i> ! Feet sideways <i>place</i> ! Trunk forward <i>bend</i> ! Arm-rotation <i>one</i> ! <i>two</i> ! Trunk upward <i>raise</i> ! etc.	Compare 1st day's order, 6, and 2d day's order, 6.
7. Rest-standing, backward-bending of trunk.	Neck <i>firm</i> ! Trunk backward <i>bend</i> ! Upward <i>raise</i> ! <i>Position</i> !	See 7th day's order, 7.
8. Rest-stride-standing, side-twisting.	Neck <i>firm</i> ! Feet sideways <i>place</i> ! Trunk to left(right) <i>twist</i> ! Forward <i>twist</i> ! etc.	Compare 4th day's order, 4, and 2d day's order, 8.
9. Standing, free jump in the place.	<i>One</i> ! — <i>six</i> !	See 7th day's order, 9.
10. Rest-standing, 2 knee-bending.	Neck <i>firm</i> ! Knees <i>bend</i> ! Knees <i>stretch</i> ! etc.	Compare 6th day's order, 10.
11. Cross (c)-standing, deep breathing with 2 arm-circling (small circle).	Arms sideways <i>stretch</i> ! Arm-circling and deep breathing <i>one</i> ! <i>two</i> ! Arms downward <i>sink</i> !	Compare 5th day's order, 11, and 7th day's order, 11.



## NINTH DAY'S ORDER.

### MOVEMENTS.

1. Facing ( $\frac{1}{4}$ ).
2. Wing-toe-standing, 2 knee-bending.
3. Wing-standing, twisting and backward-bending of head.
4. Standing, 2 arm-flinging sideways.
5. Wing- $\frac{1}{4}$ -hook-standing, alternate bending and stretching of foot.
6. Cross-standing (d), 2 arm-bending to cross (e).
7. Rest-stride-standing, backward-bending of trunk.
8. Wing-walk (b)-standing, side-bending.
9. Standing, free jump in the place.
10. Rest-stride-standing, 2 heel-raising.
11. Bend-standing, 2 arm-stretching sideways slowly.

### COMMAND.

Half left (right) *face* !

Hips *firm* ! Heels *raise* ! Knees *bend* !  
Knees *stretch* ! Heels *sink* ! etc.

Hips *firm* ! Head to left (right) *twist* !  
Head backward *bend* ! Head upward  
*raise* ! Head forward *twist* ! etc.

Arms sideways *fling* ! Arms downward  
*sink* !

Hips *firm* ! Left (right) knee upward  
*bend* ! Bending and stretching of foot  
*one* ! *two* ! Foot *replace* ! etc.

Arms sideways *stretch* ! Hands *turn* !  
Arms half *bend* ! Arms sideways *stretch* !  
etc.

Neck *firm* ! Feet sideways *place* ! Trunk  
backward *bend* ! Upward *raise* ! etc.

Hips *firm* ! Left (right) foot forward  
*place* ! Trunk to left *bend* ! Upward  
*raise* ! etc.

*One* ! *two* ! three-*four* ! *five* ! *six* !

Neck *firm* ! Feet sideways *place* ! Heels  
*raise* ! Heels *sink* ! etc.

Arms upward *bend* ! Arms stretching  
sideways slowly *one* ! *two* ! Po-*sition* !

### FAULTS.

Compare 4th day's order, 1.

Compare 5th day's order, 9.

Compare 2d day's order, 3; head bent  
sideways.

Compare 1st day's order, 11.

Compare 8th day's order, 5.

Elbows not at right angles and level with  
shoulders; forearm not perpendicular;  
hands not extended; palms not turned  
against each other; head not well  
poised.

Compare 7th day's order, 7.

Balance uncertain; compare 5th day's  
order, 2, and 1st day's order, 8.

See 8th day's order, 9.

Compare 4th day's order, 4, and 1st day's  
order, 5.

Compare 5th day's order, 4.

## TENTH DAY'S ORDER.

### MOVEMENTS.

1. Side-step.
2. Wing-standing, alternate toe- and heel-raising.
3. Standing, trunk-bending backward (gently).
4. Standing, 2 arm-extension upward.
5. Rest-close-standing, 2 heel-raising.
6. Cross (e)-stride-standing, 2 arm-rotation to cross (b).
7. Rest-stride-standing, backward-bending of trunk.
8. Wing-walk (a)-standing, side-twisting of trunk.
9. Standing, free jump, with sideways flinging of arms.
10. Wing-standing, 2 heel-raising and 2 knee-bending.
11. Standing, 2 arm-raising sideways with 2 heel-raising.

### COMMAND.

Side-step to left (right) *march!*  
Hips *firm!* Alternate toe- and heel-raising *one! two! Halt!* etc.  
Trunk backward *bend!* Upward *raise!*  
Arms upward *stretch!* Arms downward *stretch!*  
Neck *firm!* Feet *close!* Heels *raise!* Heels *sink!* etc.  
Arms sideways *stretch!* Hands *turn!* Arms half *bend!* Arm-rotation *one! two!* *Position!*  
Neck *firm!* Feet sideways *place!* Trunk backward *bend!* Upward *raise!* etc.  
Hips *firm!* Left (right) foot outward *place!* Trunk to left (right) *twist!* Forward *twist!* etc.  
*One! two! three-four! five! six!*  
Hips *firm!* Heels *raise!* Knees *bend!* Knees *stretch!* Heels *sink!* etc.  
Arms sideways raise and heels *raise!* *sink!*

### FAULTS.

Compare 7th day's order, 1.  
Carriage disturbed; balance uncertain; hips swaying forward — backward.  
Compare 1st day's order, 7.  
See 6th day's order, 4.  
Compare 2d day's order, 2, and 4th day's order, 5.  
Compare 3d day's order, 6, and 9th day's order, 6.  
See 9th day's order, 7.  
Compare 3d day's order, 2, and 2d day's order, 8.  
Arms not down in the landing.  
Compare 6th day's order, 5.  
Compare 1st day's order, 11, and 2d day's order, 5.

## ELEVENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. 2-3 march-steps forward.	2 (3) steps forward <i>march!</i> 2 (3) steps backward <i>march!</i>	Compare 7th day's order, 1.
2. Wing (rest)-walk (b)-standing, change of feet in series.	Hips (neck) firm, and left (right) foot forward <i>place!</i> (In series) feet <i>change!</i> etc.	Balance unfirm; body not equally between both feet; plane of shoulders twisted.
3. Wing-standing, twisting and side-bending of head.	Hips <i>firm!</i> Head to left (right) <i>twist!</i> Head to left (right) <i>bend!</i> Upward <i>raise!</i> Forward <i>twist!</i> etc.	Head bent forward or backward.
4. Standing, 2 arm-flinging forward.	Arms forward <i>fling!</i> Arms downward <i>sink!</i>	Compare 2d day's order, 11.
5. Cross (c) $\frac{1}{2}$ standing, leg-raising sideways.	Arms sideways <i>stretch!</i> Left (right) leg sideways <i>raise!</i> Foot downward <i>place!</i> etc.	Compare 3d day's order, 5; leg not raised high enough, not extended; line of movement not in the side-plane; trunk bent to the opposite side.
6. Cross (d)-stride-prone standing, 2 arm-bending to cross (e).	Arms sideways <i>stretch</i> and feet sideways <i>place!</i> Hands <i>turn!</i> Trunk forward <i>bend!</i> Arms half <i>bend!</i> Arms sideways <i>stretch!</i> Trunk <i>raise!</i> etc.	Compare 9th day's order, 6, and 2d day's order, 6.
7. Rest-walk (b)-standing, backward-bending of trunk.	Neck firm, and left (right) foot forward <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> <i>Position!</i>	Compare 5th day's order, 7, and 7th day's order, 7.
8. Rest-close-standing, side-bending.	Neck firm and feet <i>close!</i> Trunk to left (right) <i>bend!</i> Upward <i>raise!</i> <i>Position!</i>	Compare 6th day's order, 8, and 2d day's order, 2.
9. Standing, free jump with side-ways-flinging of arms.	<i>One! two! three-four! five! six!</i>	See 10th day's order, 9.
10. Wing-standing, 2 heel-raising, and 2 knee-bending.	Hips <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> Heels <i>sink!</i> etc.	Compare 6th day's order, 5.
11. Standing, 2 arm-raising forward, with 2 heel-raising.	Arms forward <i>raise,</i> and heels <i>raise!</i> Arms and heels <i>sink!</i>	Compare 3d day's order, 11, and 2d day's order, 5.

## TWELFTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. 2-3 march-steps backward.	2 (3) steps backward <i>march!</i> 2 (3) steps forward <i>march!</i>	Compare 7th day's order, 1.
2. Wing (R)-stride-toe-standing, 2 knee-bending.	Hips (neck) firm, and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> Heels <i>sink!</i> etc.	Compare 6th day's order, 5.
3. Wing-stride-standing, backward-bending of trunk (gently).	Hips firm, and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	Compare 3d day's order, 7.
4. $\frac{1}{2}$ -cross (c)-standing, change of arms.	Left (right) arm sideways <i>stretch!</i> Arms <i>change!</i> etc.	Shoulders not even; compare 5th day's order, 4.
5. Cross (c)-standing, leg-raising backward.	Arms sideways <i>stretch!</i> Left (right) leg backward <i>raise!</i> Foot downward <i>place!</i> etc.	Compare 7th day's order, 5.
6. Stretch-stride-prone-standing, 2 arm-parting.	Arms upward stretch, and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Arm-parting <i>one!</i> <i>two!</i> Trunk upward <i>raise!</i> etc.	Compare 4th day's order, 11, and 2d day's order, 6; arms not in the prolonged direction of the body; head bent forward, and back curved.
7. Rest-walk (b)-standing, backward-bending of trunk.	Neck firm, and left (right) foot forward <i>place!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	Compare 11th day's order, 7.
8. Cross (c)-walk (a)-standing, side-twisting.	Arms sideways stretch, and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk forward <i>twist!</i> Arms stretch, and feet <i>change!</i> etc.	Compare 10th day's order, 8, and 1st day's order, 11.
9. Standing, free jump forward.	<i>One! two! three-four! five! six!</i>	Landing in uncertain poise, with heels separated, body bent forward, arms raised forward, etc.
10. Stretch-standing, 2 knee-bending.	Arms upward <i>stretch!</i> Knees <i>bend!</i> Knees <i>stretch!</i>	Compare 6th day's order, 4, and 1st day's order, 10.
11. Standing, 2 arm-raising forward-upward with 2 heel-raising.	Arms forward-upward raise, and heels <i>raise!</i> Arms and heels downward <i>sink!</i>	Compare 11th day's order, 11, and 3d day's order, 11.

## THIRTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Facing and march-step forward.	Left (right) face and one step forward <i>march ! etc.</i>	Compare 4th day's order, 1, and 7th day's order, 1.
2. Wing (rest)-standing, foot-placing outward and backward-outward in series.	Hips (neck) <i>firm !</i> ——— with left (right) foot <i>start ! etc. Halt !</i>	Compare 8th day's order, 2.
3. Wing-stride-standing, trunk-bending backward (gently).	Hips firm and feet sideways <i>place !</i> Trunk backward <i>bend !</i> Upward <i>raise ! etc.</i>	Compare 3d day's order, 8.
4. $\frac{1}{2}$ reach-standing, change of arms.	Left (right) arm forward <i>stretch !</i> Arms <i>change !</i>	Compare 8th day's order, 4; shoulders twisted.
5. Stretch-toe-standing, 2 knee-bending.	Arms upward <i>stretch !</i> Heels <i>raise !</i> Knees <i>bend !</i> Knees <i>stretch ! etc.</i>	Compare 6th day's order, 4, and 6th day's order, 5.
6. Rest (stretch)-fallout (b) position.	Neck firm (arms upward stretch) and left (right) forward <i>fall-out ! etc. Position !</i>	Compare 7th day's order, 2, 4th day's order, 4, and 6th day's order, 4.
7. Stretch-standing, backward-bending of trunk.	Arms upward <i>stretch !</i> Trunk backward <i>bend !</i> Trunk upward <i>raise ! etc.</i>	Arms not far enough back; head bent forward or backward; compare 1st day's order, 7.
8. Rest-walk (b) -standing, side -bending.	Neck firm, and left (right) foot forward <i>place !</i> Trunk to left <i>bend !</i>	Compare 9th day's order, 8, and 4th day's order, 4.
9. Wing-standing, free jump with sideways flinging of legs.	Hips <i>firm !</i> ——— ——— <i>One ! two ! three-four ! five ! six !</i>	Landing with uncertain poise, heels separated, and angle of feet changed.
10. Stretch-stride-standing, 2 heel-raising.	Arms upward stretch and feet sideways <i>place !</i> Heels <i>raise !</i> Heels <i>sink ! etc.</i>	
11. Cross (d)-standing, 2 arm-raising and 2 heel-raising.	Arms sideways <i>stretch !</i> Hands <i>turn !</i> Arms and heels <i>raise ! Sink ! etc.</i>	Compare 4th day's order, 11, and 2d day's order, 5.

## FOURTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Facing, and march-step forward.	Left (right) face, and 2 (3) steps forward <i>march ! etc.</i>	Compare 4th day's order, 1, and 7th day's order, 1.
2. Wing - toe - standing, twisting of the head.	Hips <i>firm !</i> Heels <i>raise !</i> Heads to left (right) <i>twist !</i> Head forward <i>twist ! etc.</i>	Heels lowered ; balance unfirm.
3. Rest - stride - standing, backward-bending of trunk.	Neck firm, and feet sideways <i>place !</i> Trunk backward <i>bend !</i> Upward <i>raise ! etc.</i>	Compare 9th day's order, 7.
4. Standing, 2 arm-stretching upward.	Arms upward <i>stretch !</i> Arms downward <i>stretch !</i>	See 6th day's order, 4.
5. Rest-standing, leg-raising backward.	Neck <i>firm !</i> Left (right) leg backward <i>raise !</i> Foot downward <i>place ! etc.</i>	Compare 12th day's order, 5, and 4th day's order, 4.
6. Cross (e)-standing, 2 arm - stretching upward (slowly).	Arms sideways <i>stretch !</i> Hands <i>turn !</i> Arms half <i>bend !</i> Arms upward stretch slowly <i>one ! two ! etc.</i>	Arms moving in front of the side-plane ; fore-arm not perpendicular ; compare 9th day's order, 6, and 4th day's order, 11.
7. Stretch-standing, backward-bending of trunk.	Arms upward <i>stretch !</i> Trunk backward <i>bend !</i> Upward <i>raise ! etc.</i>	See 13th day's order, 7.
8. Cross(c) - walk (c) - standing, side-bending.	Feet <i>close !</i> Arms sideways stretch and left (right) foot forward <i>place !</i> Trunk to left (right) <i>bend !</i> Trunk <i>raise !</i> Arms stretch and feet <i>change !</i>	Compare 7th day's order, 8, and 4th day's order, 2 ; balance uncertain.
9. Wing-standing, free jump with side-ways flinging of legs.	Hips <i>firm !</i> ————— <i>One ! two ! three-four ! five ! six !</i>	See 13th day's order, 9.
10. Stretch-stride-standing, 2 knee-bending.	Arms upward stretch and feet sideways <i>place !</i> Knees <i>bend !</i> Knees <i>stretch ! etc.</i>	Compare 12th day's order, 10.
11. Standing, 2 arm-raising sideways upward with 2 heel-raising.	Arms sideways - upward raise, and heels <i>raise !</i> Arms and heels <i>sink !</i>	Compare 13th day's order, 11.

## FIFTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Facing and march-step backward.	Left (right) face and 1 (2, 3) steps backward <i>march</i> ! etc.	Compare 4th day's order, 1, and 7th day's order, 1.
2. Wing (rest)-standing, foot-placing forward, sideways, backward, in series.	Hips (neck) <i>firm</i> ! ——— left (right) foot <i>start</i> ! etc.	Compare 5th day's order, 2, and 1st day's order, 2.
3. Rest-stride-standing, backward-bending of trunk (gently).	Neck <i>firm</i> and feet sideways <i>place</i> ! Trunk backward <i>bend</i> ! Upward <i>raise</i> ! etc.	Compare 9th day's order, 7.
4. Cross (e)-stand., 2 arm-stretching upward (forcibly).	Arms half sideways <i>bend</i> ! Arms upward <i>stretch</i> ! etc.	Compare 14th day's order, 6.
5. Reach $\frac{1}{2}$ standing position.	Arms forward <i>raise</i> ! Left (right) foot <i>raise</i> ! Foot <i>place</i> ! etc.	Compare 2d day's order, 11, and 5th day's order, 5.
6. Cross (d)-prone-stride-standing, alternate arm-bending to cross (e).	Arms sideways <i>stretch</i> and feet sideways <i>place</i> ! Trunk forward <i>bend</i> ! Hands <i>turn</i> ! Alternate half arm-bending <i>one</i> ! <i>two</i> ! etc.	Compare 9th day's order, 6.
7. Stretch-stride-standing, backward-bending of trunk.	Arms upward <i>stretch</i> and feet sideways <i>place</i> ! Trunk backward <i>bend</i> ! Upward <i>raise</i> ! etc.	See 13th day's order, 7.
8. Wing-walk (a)-twist-standing, side-bending.	Hips <i>firm</i> and left (right) foot outward <i>place</i> ! Trunk to left (right) <i>twist</i> ! Trunk to left (right) <i>bend</i> ! Upward <i>raise</i> ! Forward <i>twist</i> ! Feet <i>change</i> ! etc.	Twisting incomplete or lessened during the bending; knee bent; heel raised or sliding.
9. Standing, free jump forward.	————— <i>One</i> ! <i>two</i> ! three-four ! <i>five</i> ! <i>six</i> !	As 12th day's order, 9.
10. Stretch-standing, 2 heel-raising.	Arms upward <i>stretch</i> ! Heels <i>raise</i> ! Heels <i>sink</i> ! etc.	Compare 13th day's order, 10.
11. Bend-standing, 2 arm-stretching upward slowly.	Arms upward <i>bend</i> ! Arm-stretching upward slowly <i>one</i> ! <i>two</i> ! etc.	Compare 6th day's order, 4.

## SIXTEENTH DAY'S ORDER.

### MOVEMENTS.

1. Facing and side-step.
2. Wing (rest)-standing, prepare for jumping, in series.
3. Wing-standing, backward-bending of trunk (gently).
4. Standing, 2 arm-extension upward and sideways.
5. Cross (c)- $\frac{1}{2}$ -hook-standing, knee-stretching forward.
6. Reach-prone-standing, 2 arm-flinging upward.
7. Stretch-stride-standing, backward-bending of trunk.
8. Cross (c)-walk (a)-twist-standing, side-bending.
9. Wing-standing, free jump with facing 90°.
10. Rest-standing, 2 heel-raising and 2 knee-bending.
11. Cross-standing (e), 2 arm-stretching upward and 2 heel-raising (slowly).

### COMMAND.

- Left (right) face and side-step to left (right) *march!* etc.
- Hips (neck) *firm!* *Start!* etc.
- Hips *firm!* Trunk backward *bend!* Upward *raise!* etc.
- Arms upward and sideways *stretch!*
- Arms sideways *stretch!* Left (right) knee upward *bend!* Knee forward *stretch!* Knee *bend!* Foot downward *place!* etc.
- Arms forward *stretch!* Trunk forward *bend!* Arms upward *fling!* Arms forward *sink!* etc.
- Arms upward stretch and feet sideways *place!* Trunk backward *bend!* Upward *raise!* etc.
- Arms sideways stretch and left (right) foot outward *place!* Trunk to left (right) *twist!* Trunk to left (right) *bend!* Upward *raise!* Forward *twist!* Arms stretch and feet *change!* etc.
- Hips *firm!* *One!* *two!* three-four! *five!* *six!*
- Neck *firm!* Heels *raise!* Knees *bend!* Knees *stretch!* Heels *sink!*
- Arms half sideways *bend!* Arm-stretching and heel-raising *one!* *two!* etc.

### FAULTS.

- Compare 4th day's order, 1, and 7th day's order, 1.
- Compare 5th day's order, 9.
- See 3d day's order, 7.
- Compare 5th day's order, 4, and 6th day's order, 4.
- Compare 8th day's order, 5; knees not in complete extension; the raised knee not high enough; the corresponding foot not turned out; trunk bent backward.
- Head bent forward; chin pushed up; trunk bent backward; shoulders drawn forward; compare 7th day's order, 6, and 2d day's order, 6.
- See 15th day's order, 7.
- Compare 15th day's order, 8.
- Falling forward in the landing; compare 7th day's order, 9.
- Compare 10th day's order, 5.
- Compare 14th day's order, 6.



## SEVENTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Facing and side-step.	Left (right) face and side-step to right (left) <i>march!</i>	Compare 4th day's order, 1, and 10th day's order, 1.
2. Wing-toe-knee-bend-standing, head-twisting.	Hips <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Alternate head-twisting <i>one! four!</i> or <i>one! two!</i>	Balance unsteady; shoulders twisting.
3. Wing-standing, backward-bending of trunk (gently).	Hips <i>firm!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	Compare 3d day's order, 7.
4. Standing, 2 arm-stretching backward.	Arms backward <i>stretch!</i> Arms downward <i>stretch!</i>	Arms and fingers not perfectly extended; fingers spread; palms not facing each other; arms not parallel, not sufficiently backward; shoulders pushed forward and upward.
5. Wing- $\frac{1}{2}$ -hook-standing, knee-stretching forward.	Hips <i>firm!</i> Left (right) knee upward <i>bend!</i> Knee forward <i>stretch!</i> Knee <i>bend!</i> Foot downward <i>place!</i> etc.	Compare 18th day's order, 5.
6. Stretch-fallout (b)-standing, 2 arm bending and stretching (slowly).	Arms upward stretch and left (right) forward <i>fallout!</i> Arm bending and stretching! <i>one! two!</i> etc. Feet <i>change!</i> etc.	Compare 13th day's order, 6, and 2d day's order, 4.
7. Stretch-walk (b)-standing, backward-bending of trunk.	Arms upward stretch and left (right) foot forward <i>place!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> Feet <i>change!</i> etc.	Hands not far enough backward; compare 5th day's order, 7, and 18th day's order, 7.
8. Rest-walk (a)-twist-standing, side-bending.	Neck firm and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk to left (right) <i>bend!</i> Upward <i>raise!</i> Forward <i>twist!</i> Feet <i>change!</i> etc.	Compare 16th day's order, 8, and 4th day's order, 4.
9. Standing, free jump sideways.	— <i>One! two! three-four! five! six!</i>	Carriage and angle of feet disturbed.
10. Wing-walk (b)-standing, 2 heel-raising.	Hips firm and left (right) foot forward <i>place!</i> Heels <i>raise!</i> Heels <i>sink!</i> Feet <i>change!</i> etc.	Compare 5th day's order, 2.
11. Cross (a)-standing, 2 arm-flinging sideways.	Arms forward <i>bend!</i> Arms sideways <i>fling!</i> etc.	See 7th day's order, 4.

## EIGHTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. About facing and march-step forward.	About face and 1 (2, 3) step forward <i>march!</i> etc.	Compare 6th day's order, 1, and 7th day's order, 1.
2. Wing (rest)-walk (b)-standing, 2 heel-raising and change of feet, in series.	Hips (neck) <i>firm!</i> Foot-placing forward, raising of heels and change of feet in series, left foot <i>Start!</i> <i>Halt!</i> etc.	Plane of shoulders twisted; body not equally between the feet; insteps not sufficiently stretched; poise unsteady.
3. Rest-standing, backward-bending of trunk (gently).	Neck <i>firm!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	Compare 7th day's order, 7.
4. $\frac{1}{2}$ -cross (c)-standing, change of arms.	Left arm sideways <i>stretch!</i> Arms <i>change!</i> etc.	Shoulders uneven; compare 5th day's order, 4.
5. Stretch $\frac{1}{2}$ standing position.	Arms upward <i>stretch!</i> Left (right) foot <i>raise!</i> Foot <i>place!</i> etc.	Compare 6th day's order, 4, and 3d day's order, 5.
6. Stretch-prone-stride-standing, alternate arm-sinking sideways.	Arms upward stretch and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Left (right) arm sideways <i>sink!</i> Arms <i>change!</i> Trunk upward <i>raise!</i> etc.	Compare 12th day's order, 6; shoulders uneven; head moving sideways.
7. Stretch-walk (b)-standing, backward-bending of trunk.	Arms upward stretch and left (right) foot forward <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	See 17th day's order, 7.
8. $\frac{1}{2}$ -stretch- $\frac{1}{2}$ -wing-standing, side-bending.	Left (right) hip firm and right (left) arm upward <i>stretch!</i> Trunk to left (right) <i>bend!</i> Upward <i>raise!</i> Arms <i>change!</i> etc.	Shoulders uneven; head bent towards the extended arm; the extended arm moving from its position; compare 1st day's order, 8.
9. Standing, free jump with facing 90°.	— <i>One! two! three-four! five! six!</i>	Compare 16th day's order, 9.
10. Wing-walk (a)-standing, 2 heel-raising.	Hips firm and left (right) foot outward <i>place!</i> Heels <i>raise!</i> <i>Sink!</i> Feet <i>change!</i> etc.	Compare 3d day's order, 2.
11. Bow-standing, circumduction of arms.	Trunk (slightly) backward <i>bend!</i> Circumduction of arms <i>one! two!</i>	Head not kept in the prolonged axis of the trunk; arms not moving far enough backward.

## NINETEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. About facing and march-step backward.	About face and 1 (2, 3) step backward <i>march!</i> etc.	Compare 6th day's order, 1, and 7th day's order, 1.
2. Wing (rest)-toe-standing, deep knee-bending.	Hips <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Knees <i>stretch!</i> Heels <i>sink!</i> etc.	Compare 6th day's order, 5; sitting on the calves; knees too much forward.
3. Rest-standing, backward-bending of trunk (gently).	Neck <i>firm!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	Compare 7th day's order, 7.
4. $\frac{1}{2}$ -stretch-standing, change of arms.	Left (right) arm upward <i>stretch!</i> Arms <i>change!</i> etc.	One shoulder pushed up, the other down; head bending sideways; compare 6th day's order, 4.
5. Wing- $\frac{1}{2}$ -hook-standing, knee-stretching backward.	Hips <i>firm!</i> Left (right) knee upward <i>bend!</i> Knee backward <i>stretch!</i> Knee upward <i>bend!</i> Foot downward <i>place!</i> etc.	Trunk bent forward; chin pushed up; knee not extended, not straight backward; instep not extended; toe not turned out.
6. Reach - prone - stride - standing, 2 arm-flinging sideways.	Arms forward stretch and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Arm-flinging sideways <i>one! two!</i> Trunk upward <i>raise!</i> etc.	Arms not extended; shoulders pushed forward; carriage of head and chest disturbed.
7. Wing-lean-standing, backward-bending of trunk.	With hips firm, lean-standing position <i>place!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	Compare 1st day's order, 7.
8. Stretch - stride - standing, sideways twisting of trunk.	Arms upward stretch and feet sideways <i>place!</i> Trunk to left <i>twist!</i> Forward <i>twist!</i> To right <i>twist!</i> etc.	Compare 2d day's order, 8; arms sharing separately in the twisting and not kept far enough backward.
9. Standing, free jump with facing 90°.	— <i>One! two! three-four! five! six!</i>	Compare 16th day's order, 9.
10. Rest-walk (b)-standing, 2 heel-raising.	Neck firm and left (right) foot forward <i>place!</i> Heels <i>raise!</i> etc. Feet <i>change!</i> etc.	Compare 4th day's order, 4, and 17th day's order, 10.
11. Cross (a)-toe-standing, 2 arm-flinging side-ways.	Arms forward <i>bend!</i> Heels <i>raise!</i> Arms sideways <i>fling!</i> Repeat <i>one! two!</i> etc.	Balance unsteady; compare 7th day's order, 4.

## TWENTIETH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. About facing and march-step sideways.	About face (right about face) and side-step to left (right) <i>march!</i> etc.	Compare 6th day's order, 1, and 10th day's order, 1.
2. Wing (rest) - standing, foot-placing forward, sideways and backward with heel-raising, in series.	Hips (neck) <i>firm!</i> With left (right) foot <i>start!</i> etc.	Shoulders twisting; body not equally between the feet; balance unsteady.
3. Stretch-stride-standing, backward bending of trunk (gently).	Arms upward stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	See 15th day's order, 7.
4. Standing, 2 arm-stretching upward and sideways.	Arms upward and sideways <i>stretch!</i>	Compare 5th day's order, 4, and 6th day's order, 4.
5. Cross (c)- $\frac{1}{2}$ -hook-standing, backward-stretching of knee.	Arms sideways <i>stretch!</i> Left (right) knee upward <i>bend!</i> Knee backward <i>stretch!</i> Knee upward <i>bend!</i> Foot downward <i>place!</i> etc.	Compare 19th day's order, 5.
6. Stretch-fallout (b)-standing, 2 arm-bending to cross (e).	Arms upward stretch and left (right) forward <i>fall-out!</i> Arms half sideways <i>bend!</i> Arms upward <i>stretch!</i> etc. Feet <i>change!</i> etc.	Compare 17th day's order, 6, and 14th day's order, 6; fore-arms not moving in the plane of the shoulders.
7. Rest-lean-standing, backward-bending of trunk.	With neck firm, lean-standing position <i>place!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	Compare 7th day's order, 7.
8. Stretch-stride-standing, side-bending.	Arms upward stretch and feet sideways <i>place!</i> Trunk to left (right) <i>bend!</i> etc.	Compare 6th day's order, 6, and 8d day's order, 8.
9. Standing, free jump sideways.	— <i>One! two! three-four! five! six!</i>	See 17th day's order, 9.
10. Rest-walk (a)-standing, 2 heel-raising.	Neck firm and left foot outward <i>place!</i> Heels <i>raise!</i> etc. Feet <i>change!</i> etc.	Compare 3d day's order, 2, and 4th day's order, 4.
11. Cross (c)-bow-standing, deep breathing.	Arms sideways <i>stretch!</i> Trunk backward <i>bend!</i> Deep breathing <i>one! two!</i> etc.	Head bent forward; hands lower than shoulders; shoulders pushed upwards.

## TWENTY-FIRST DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. About facing and side-step.	About face (right about face) and side-step to right (left) <i>march!</i> etc.	Compare 6th day's order, 1, and 10th day's order, 1.
2. Wing (rest)-stride-toe-standing, 2 deep knee-bending.	Hips (neck) firm and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Knees <i>stretch!</i> etc.	Compare 19th day's order, 2.
3. Stretch-standing, backward-bending of trunk(gently).	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	13th day's order, 7.
4. $\frac{1}{2}$ -cross- $\frac{1}{2}$ -stretch-standing, change of arms.	Left (right) arm upward and right (left) arm sideways <i>stretch!</i> Arms <i>change!</i> etc.	Shoulders uneven; compare 5th day's order, 4, and 6th day's order, 4.
5. Rest-standing, leg-raising sideways.	Neck <i>firm!</i> Left (right) leg sideways <i>raise!</i> Foot downward <i>place!</i> etc.	Compare 11th day's order, 5.
6. Cross(e)-prone-stride-standing, alternate arm-stretching upward.	Arms half sideways bend and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-stretching upward <i>one!</i> <i>two!</i> etc.	Head moving sideways with the arms; shoulders uneven; compare 20th day's order, 6.
7. Stretch - lean - standing, backward-bending of trunk.	Lean-standing position <i>place!</i> Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Upward <i>raise!</i> etc.	Compare 13th day's order, 7.
8. Stretch-walk (a)-standing, side-twisting.	Arms upward stretch and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Forward <i>twist!</i> Feet <i>change!</i> etc.	Compare 19th day's order, 8.
9. Standing, free jump outward.	——— <i>One! two! three-four! five! six!</i>	Compare 17th day's order, 9.
10. Wing-stride-standing, 2 heel-raising and 2 knee-bending.	Hips firm and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> Heels <i>sink!</i> etc.	Compare 6th day's order, 5.
11. Cross (c)-bow-standing, arm-circling.	Arms sideways <i>stretch!</i> Trunk backward <i>bend!</i> Arm-circling <i>one!</i> <i>two!</i>	Head and chest out of poise; shoulders pushed upward or forward.

## TWENTY-SECOND DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Facing, march-step forward, or backward, and facing.	Left (right) face, 1 (2, 3) step forward (backward), and left (right) face <i>march!</i> etc.	
2. Cross (c)-toe-knee-bend-standing, alternate head twisting.	Arms sideways <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> Alternate head-twisting <i>one!—four!</i> or <i>one! two!</i> Knees <i>stretch!</i> Heels <i>sink!</i> etc.	Hands lowered; shoulders twisting with the head; balance unsteady; compare 6th day's order, 5.
3. Stretch-stride-standing, backward-bending of trunk (gently).	Arms upward stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	See 15th day's order, 7.
4. $\frac{1}{2}$ -reach-standing, change of arms.	Left (right) arm forward <i>stretch!</i> Arms <i>change!</i>	One shoulder pushed forward; head bending forward; compare 8th day's order, 4.
5. Rest- $\frac{1}{2}$ -hook-standing, knee-stretching backward.	Neck <i>firm!</i> Left (right) knee upward <i>bend!</i> Knee backward <i>stretch!</i> Knee upward <i>bend!</i> Foot downward <i>place!</i> etc.	Compare 19th day's order, 5.
6. Bend-prone-stride-standing, alternate arm-stretching upward.	Arms upward bend and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-stretching upward <i>one! two!</i> etc.	Shoulders uneven; head moving with the arms; compare 21st day's order, 6.
7. Cross (c) bow-standing, downward sinking of arms (slowly).	Arms sideways <i>stretch!</i> Trunk backward <i>bend!</i> Arms slowly downward <i>sink!</i> Trunk upward <i>raise!</i> etc.	Poise of head and chest disturbed.
8. Stretch-walk (b)-standing, side-bending.	Arms upward stretch and left (right) foot forward <i>place!</i> Trunk to left (right) <i>bend!</i> Upward <i>raise!</i> Feet <i>change!</i>	Compare 20th day's order, 8.
9. Standing, free jump with sideways flinging of arms and legs.	——— <i>One! two! three-four! five! six!</i>	Compare 10th day's order, 9, and 13th day's order, 9.
10. Wing-walk (b)-standing, 2 heel-raising and 2 knee-bending.	Hips firm and left (right) foot forward <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> Heels <i>sink!</i>	Angle of feet incorrect; knees moving too much forward.
11. Standing, circumduction of arms with backward-bending of trunk.	——— <i>One! two!</i>	Head bent forward; shoulders pushed forward.

## TWENTY-THIRD DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Facing, side-step, and facing.	Left (right) face, side-step to left (right), and left (right) face <i>march!</i>	
2. Wing - toe - deep - knee - bend - standing, alternate head-twisting.	Hips <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Alternate head - twisting, <i>one!</i> — <i>four!</i> ( <i>one!</i> <i>two!</i> ) etc.	Compare 22d day's order, 2.
3. Stretch-standing, backward bending of trunk.	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	See 13th day's order, 7.
4. Standing, 2 arm-stretching forward and sideways.	Arms forward and sideways <i>stretch!</i> etc.	Compare 5th day's order, 4, and 8th day's order, 4.
5. Wing - $\frac{1}{4}$ - hook-standing, sideways-moving of knee.	Hips <i>firm!</i> Left (right) knee upward <i>bend!</i> Knee sideways <i>move!</i> Knee forward <i>move!</i> Foot downward <i>place!</i> etc.	Knees lowered or too much bent; hips twisted.
6. Reach-prone-stride-standing, 2 arm-flinging sideways with turning of arms.	Arms forward stretch and feet sideways <i>place!</i> Trunk forward <i>bend!</i> With turning of hands, arm sideways <i>fling!</i> Repeat <i>one!</i> <i>two!</i> etc.	Arms not moving horizontally; shoulders pushed forward; chin pushed forward.
7. Stretch-bow-standing, arm-sinking sideways slowly.	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Arms slowly sideways <i>sink!</i> Upward <i>raise!</i> etc.	Hands not sufficiently backward; head bent forward or backward.
8. Stretch - walk (c) - standing, side-bending.	Feet <i>close!</i> Arms upward stretch and left (right) foot forward <i>place!</i> Trunk to left (right) <i>bend!</i> Upward <i>raise!</i> Feet <i>change!</i> etc.	Compare 22d day's order, 8, and 2d day's order, 2.
9. Standing, free jump with facing 90° and 90° return jump.	— <i>One!</i> <i>two!</i> three-four! five-six! <i>seven!</i> <i>eight!</i>	Landing poise incorrect.
10. Rest - stride - standing, 2 heel-raising and 2 knee-bending.	Neck firm and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> Heels <i>sink!</i> etc.	Compare 21st day's order, 10, and 4th day's order, 4.
11. Twist - standing, circumduction of arms.	Trunk to left <i>twist!</i> Arm-circumduction <i>one!</i> <i>two!</i> To right <i>twist!</i> etc.	Head twisted; arms not moving in correct planes.

## TWENTY-FOURTH DAY'S ORDER.

### MOVEMENTS.

1. About facing, march step forward or backward and facing.
2. Wing-standing, foot-placing forward and backward with 2 heel-raising and 2 knee-bending (in series).
3. Bend - stride - bow - standing, 2 arm-stretching slowly upward.
4.  $\frac{1}{2}$  cross (c) -  $\frac{1}{2}$  reach-standing, change of arms.
5. Rest-standing, alternate knee upward-bending in slow march time.
6. Stretch-prone-stride-standing, alternate arm-bending to cross (e).
7. Stretch - stride - bow - standing, arm-sinking sideways downward slowly.
8. Rest - walk (a) - twist-standing, side-bending.
9. Standing, free jump with sideways flinging of arms and legs.
10. Rest-fallout-standing (b), heel-raising.
11. Standing, 2 arm-raising sideways-upward with 2 heel-raising and 2 knee-bending and arm-sinking sideways downward with knee-stretching and heel-sinking.

### COMMAND.

About face (right about face), 1 (2, 3) step forward (backward), and about face (right) *march!*  
 Hips *firm!* With left (right) foot *start!* etc.

Arms upward bend and feet sideways *place!* Trunk backward *bend!* Slowly arms upward *stretch!* Arms *bend!* Trunk *raise!* etc.

Left (right) arm sideways, right (left) arm forward *stretch!* Arms *change!*  
 Neck *firm!* — *Start!* *Halt!*

Arms upward stretch and feet sideways *place!* Trunk forward *bend!* Alternate half arm-bending sideways, *one!* *two!* Trunk upward *raise!* etc.

Arms upward stretch and feet sideways *place!* Trunk backward *bend!* Arms slowly sideways - downward *sink!* Trunk *raise!* etc.

Neck firm and left (right) foot outward *place!* Trunk to left (right) *twist!* Trunk to left (right) *bend!* Upward *raise!* Forward *twist!* Feet *change!* etc.

— *One!* *two!* *three-four!* *five!* *six!*

Neck firm and left (right) forward fall-out! Left (right) heel *raise!* *Sink!* Feet *change!* etc.

— *One!* *two!* *three!* *four!*

### FAULTS.

Compare 22d day's order, 10.

Carriage of head and chest disturbed; hands in the stretch position, not far enough backward.

Twisting of shoulders; compare 5th day's order, 4, and 8th day's order, 4.  
 Hips and shoulders moving too much; knee not sufficiently bent or not raised high enough; toe not turned out.  
 See 21st day's order, 6.

Hands not far enough back; compare 6th day's order, 11, and 15th day's order, 7.

See 17th day's order, 8.

See 22d day's order, 9.

The body raised, when the heel is raised; poise of head and chest incorrect.

Compare 6th day's order, 11, and 6th day's order, 5.



## TWENTY-FIFTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. About facing side-step and about facing.	Right about face, side-step to left (right) and about march, (right about) <i>march!</i>	Compare 23d day's order, 2.
2. Wing - stride - toe - deep - knee - bend standing, alternate head-twisting.	Hips firm and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Alternate head-twisting <i>one!</i> — <i>four!</i> ( <i>one!</i> <i>two!</i> ) Knees <i>stretch!</i> etc.	
3. Bend-bow-standing, 2 arm-stretching (slowly) upward.	Arms upward <i>bend!</i> Trunk backward <i>bend!</i> Arms slowly upward <i>stretch!</i> Arms <i>bend!</i> Trunk <i>raise!</i> etc.	Compare 24th day's order, 3.
4. Standing, 2 arm-stretching forward, sideways, and upward.	Arms forward sideways and upward <i>stretch!</i>	Compare 5th day's order, 4, 6th day's order, 4, and 8th day's order, 4.
5. Stretch $\frac{1}{2}$ -standing, leg-raising sideways.	Arms upward <i>stretch!</i> Left (right) leg sideways <i>raise!</i> Foot downward <i>place!</i> etc.	Hands not far enough backward; compare 11th day's order, 5.
6. Fallout (b) - standing, swimming-movements of arms.	Arms sideways stretch and left forward <i>fall-out!</i> Swimming movements, <i>one!</i> <i>two!</i> <i>three!</i>	Elbows and hands not moving level with the shoulders; fingers separated; index fingers not touching each other in 2d tempo; arms moved too far backward in 3d tempo.
7. Stretch - stride - bow - standing, arm-parting.	Arms upward stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Arm-parting <i>one!</i> <i>two!</i>	Hands not far enough backward; head bent forward or backward.
8. Stretch-walk (a)-twist-standing, side-bending of trunk.	Arms upward stretch and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk to left <i>bend!</i> Upward <i>raise!</i> Forward <i>twist!</i> Feet <i>change!</i> etc.	Compare 24th day's order, 8.
9. Standing, free jump with facing 90° and 90° return jump.	<i>One!</i> <i>two!</i> <i>three-four!</i> <i>five-six!</i> <i>seven!</i> <i>eight!</i>	See 23d day's order, 9.
10. Stretch-standing, 2 heel-raising and 2 knee-bending.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	Compare 16th day's order, 10.
11. Cross (a)-standing, 2 arm-flinging sideways, and forward fallout.	Arms forward <i>bend!</i> Arms sideways fling and left (right) forward <i>fall-out!</i> Arm-flinging and change of feet <i>one!</i> <i>two!</i> etc.	Compare 7th day's order, 2, and 7th day's order, 4; balance uncertain.

			with facing 2 by 180°.	ward, sideways and backward with 2 heel-raising.	arm - flinging sideways with change of feet; 2 arm-raising sideways-upward.
Twenty-fourth Day's Order.	Order movements.	land,	High-stand, deep-jump.	Stretch-stand, 2 heel-raising and 2 knee-bending.	Cross (c)-fallout (b)-stand., 2 arm - flinging sideways with change of feet; 2 arm-raising sideways-upward.
Twenty-fifth Day's Order.	Order movements.	side-	Stand, free jump with facing 360°.	Cross (c)-toe-knee-bend-stand, slow march forward.	Cross (a)-walk (b)-bow-stand., 2 arm-flinging sideways and change of feet; circumduc- tion of arms.

7  
8  
9  
10  
11.

## THE GYMNASTIC DAY'S ORDERS.

### SECOND SERIES.

The days' orders of this series are arranged after the following general schedule:—

1. Order movement.
2. Leg movement.
3. Strain-bending movement.
4. Heave movement.
5. Balance movement.
6. Fallout movement.
7. Back movement.
8. Abdominal movement.
9. Alternate side movement.
10. Jump.
11. Slow leg movement.
12. Respiratory movement.

The days' orders are selected to suit children of the age of 10–

15 years, who shall have had a previous training corresponding to the first series.

Besides the exercises mentioned in each day's order there should be given the transitory stoop-standing position immediately after each exercise in bow-standing position, and a slow leg movement or respiratory movement or both after every exercise that considerably accelerates the heart-beat and respiration.

There should also be given a short march and run, or, if the arrangement of the class-room does not admit of such exercises, march in the place and run in the place (mark time and quick mark time). The place of the run in the gymnastic day's order, scheduled above, should be given between 8 and 9, or 9 and 10. It must be preceded and followed by a short march in a slow rhythm. If the time admits, a short march can also be given between 6 and 7.

## FIRST DAY'S ORDER.

MOVEMENTS.	COMMAND.
1. Order movements.	
2. Wing-toe-knee-bend-stand., alternate head-twisting.	Hips <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Alternate head-twisting <i>one! two!</i> <i>three! four!</i>
3. Stand., backward-bending of head and rest-stand. position.	Head backward <i>bend!</i> etc. Neck <i>firm!</i> etc.
4. $\frac{1}{2}$ -cross- $\frac{1}{2}$ -reach-stand., change of arms and 2 arm-extension sideways.	Left (right) arm sideways and right (left) arm forward <i>stretch!</i> Arms <i>change!</i> etc. Arms sideways <i>stretch!</i> etc.
5. Cross (e)-close-stand., 2 heel-raising.	Arms half sideways bend and feet <i>close!</i> Heels <i>raise!</i> etc.
6. Wing-stand., fallout outward.	Hips <i>firm!</i> Left (right) outward fall-out! Foot re-place! etc.
7. Cross (b)-stand., 2 arm-rotation [to cross (e)].	Arms half forward <i>bend!</i> arm-rotation <i>one! two!</i>
8. Wing-stand., backward-bending of trunk.	Hips <i>firm!</i> Trunk backward <i>bend!</i> etc.
9. Cross (e)-walk (b)-stand., side-bending of trunk.	Arms sideways stretch and left (right) foot forward <i>place!</i> Trunk to left (right) <i>bend!</i> Trunk upward <i>raise!</i> Feet <i>change!</i> etc.
10. Stand. free jump in the place.	—— <i>one! two! three-four! five! six!</i>
11. Wing-stand., foot-placing outward and backward-outward.	Hips <i>firm!</i> —— <i>Start!</i> etc.
12. Stand., 2 arm-raising sideways.	Arms sideways <i>raise!</i> Arms downward <i>sink!</i>

## FAULTS.

Poise of shoulders and head changed; heel and outer border of backward foot raised from floor; forward knee in front of the diagonal plane, not sufficiently bent; backward knee not extended; trunk and backward leg not in a straight line.

## SECOND DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.	— <i>Start! Halt!</i>	
2. Foot-placing in different directions and change of feet.		
3. Stand., backward-bending of head and rest-stand. position.	Head backward <i>bend!</i> etc. Neck <i>firm!</i> etc.	
4. $\frac{1}{2}$ cross- $\frac{1}{2}$ stretch-stand., change of arms and 2 arm-extension upward.	Left (right) arm sideways, right (left) arm upward stretch! Arms <i>change!</i> etc. Arms upward stretch!	
5. Rest- $\frac{1}{2}$ stand., leg-raising sideways.	Neck <i>firm!</i> Left (right) leg sideways raise! Foot downward <i>place!</i> etc.	
6. Wing-stand., fallout forward.	Hips <i>firm!</i> Left (right) forward fall-out! Foot <i>re-place!</i> or <i>Position!</i>	Backward knee not completely extended; forward knee not sufficiently bent; trunk and backward leg not in a straight line; heel and outer border of backward foot raised from floor.
7. Stretch-prone-stride-stand., arm-parting.	Arms upward stretch and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Arm-parting <i>one! two!</i>	
8. Cross (c)-stand., backward-bending of trunk.	Arms sideways <i>stretch!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
9. Rest-stride-stand., side-twisting of trunk.	Neck firm and feet sideways <i>place!</i> Trunk to left (right) <i>twist!</i> etc.	
10. Stand. free jump with sideways-flinging of arms.	— <i>one! two! three-four! five! six!</i>	
11. Wing-close-stand., 2 heel-raising.	Hips firm and feet <i>close!</i> Heels <i>raise!</i> Heels <i>sink!</i> etc.	
12. Cross (a)-stand., 2 arm-flinging sideways.	Arms forward <i>bend!</i> Arms sideways <i>fling!</i> Repeat <i>one! two!</i> etc.	

## THIRD DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Toe-knee-bend-stand., 2 arm-raising sideways-upward.
  3. Stand., backward-bending of head and rest-stride-stand. position.
  4.  $\frac{1}{2}$  cross (c)- $\frac{1}{2}$  reach-stand., change of arms, and 2 arm-extension forward.
  5. Wing-stand., alternate knee upward-bending.
  6. Rest-stand., fallout outward.
  7. Cross (b)-stand., alternate arm-rotation [ to cross (e) ].
  8. Rest-stand., backward-bending of trunk.
  9.  $\frac{1}{2}$ -wing- $\frac{1}{2}$ -stretch-close-stand., side-bending of trunk.
  10. Stand. free jump facing 90°.
  11. Rest-stand., 2 heel-raising.
  12. Stretch-stand., arm-parting.

- COMMAND.**
- Heels *raise* ! Knees *bend* ! Arm-raising sideways-upward *one* ! *two* ! etc.
- Head backward *bend* ! etc. Neck firm and feet sideways *place* ! etc.
- Left (right) arm sideways and right (left) arm forward *stretch* ! Arms *change* ! Arms forward *stretch* ! etc.
- Hips *firm* ! Alternate knee upward-bending, *one* ! *two* ! *three* ! *four* ! etc.
- Neck *firm* ! Left (right) outward fall-out ! Foot re-*place* ! or Po-*sition* ! etc.
- Arms half forward *bend* ! Alternate arm-rotation *one* ! *two* ! etc.
- Neck *firm* ! Trunk backward *bend* ! Trunk upward *raise* ! etc.
- Left (right) hip firm, right (left) arm upward stretch and feet *close* ! Trunk to left (right) *bend* ! etc.
- *one* ! ——— *six* !
- Neck *firm* ! Heels *raise* ! etc.
- Arms upward *stretch* ! Arm-parting *one* ! *two* ! etc.

**FAULTS.**

Balance unfirm ; knees not bent up far enough ; instep not sufficiently extended ; toes not turned out.

Compare 1st day's, order, 6.

## FOURTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Wing-walk (a)-stand., 2 heel-raising and 2 knee-bending.	Hips firm and left (right) foot outward <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	Heels not sufficiently raised; knees not kept out in the diagonal planes; degree of flexion of the knees incorrect; trunk not erect.
3. Stand., backward-bending of head and rest-stride-stand. position.	Head backward <i>bend!</i> etc. Neck firm and feet sideways <i>place!</i>	
4. $\frac{1}{2}$ -cross $\frac{1}{2}$ -stretch-stand., change of arms and 2 arm-extension sideways.	Left (right) arm sideways and right (left) arm upward <i>stretch!</i> Arms <i>change!</i> etc. Arms sideways <i>stretch!</i> etc.	
5. Cross (c)- $\frac{1}{2}$ -hook-stand., knee-extension backward (slowly).	Arms sideways <i>stretch!</i> Left (right) knee upward <i>bend!</i> Knee backward <i>stretch!</i> etc.	
6. Rest-stand., fallout forward.	Neck <i>firm!</i> Left (right) forward fall-out! Foot re- <i>place!</i> or Po- <i>sition!</i> etc.	Compare 2d day's order, 6.
7. Wing-prone-lying position [:]	— With hips firm position <i>place!</i> etc.	Knees bent; head and trunk not raised high enough.
8. Cross (c)-stride-stand., backward-bending of trunk.	Arms sideways stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> etc.	
9. Stretch-stride-stand., side-twisting of trunk.	Arms upward stretch and feet sideways <i>place!</i> Trunk to left (right) <i>twist!</i> Forward <i>twist!</i> etc.	
10. Stand. free jump with sideways flinging of legs.	— <i>one!</i> — <i>six!</i>	
11. Wing-stand., 2 heel-raising and 2 knee-bending.	Hips <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
12. Bend-stand., 2 arm-extension sideways slowly.	Arms upward <i>bend!</i> Slow arm-extension sideways <i>one!</i> <i>two!</i>	



## FIFTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Toe-knee-bend-stand., 2 arm-circumduction.	Heels <i>raise!</i> Knees <i>bend!</i> Arm-circumduction <i>one! two!</i> etc.	
3. Change between wing-and-rest-stand. position.	Hips <i>firm!</i> Neck <i>firm!</i> Change <i>one!</i> <i>two!</i> etc.	
4. $\frac{1}{2}$ -reach- $\frac{1}{2}$ -stretch-stand., change of arms and 2 arm-extension upward.	Left (right) arm forward and right (left) arm upward <i>stretch!</i> Arms <i>change!</i> etc. Arms upward <i>stretch!</i> etc.	
5. Stretch-toe-stand., 2 knee-bending.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
6. Wing-fallout (a) standing, change of feet.	Hips <i>firm!</i> Left (right) outward fall-out! Feet <i>change!</i> or change of feet <i>start!</i> etc.	See 1st day's order, 6; balance uncertain.
7. Stretch fallout stand., (b) arm-parting.	Arms upward stretch and left (right) forward <i>fallout!</i> Arm-parting <i>one!</i> <i>two!</i> Arms stretch and feet <i>change!</i> etc.	
8. Rest-stride-stand., backward-bending of trunk.	Neck firm and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
9. Wing-walk (a)-twist-stand., side-bending of trunk.	Hips firm and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk to left (right) <i>bend!</i> Upward <i>raise!</i> Forward <i>twist!</i> Feet <i>change!</i> etc.	The twisting not maintained during the side-bending; knees bent.
10. Stand. free jump 2 by 90°.	—— <i>one! two! three-four! five—</i> <i>six! seven! eight!</i>	
11. Wing-stand., foot placing forward, sideways and backward.	Hips <i>firm!</i> —— <i>Start! Halt!</i>	
12. Stand. circumduction of arms.	Arm-circumduction <i>one! two!</i>	

## SIXTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Wing-toe-deep-knee-bend-stand., alternate head-rotation.	Hips <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Alternate head-rotation <i>one! two! three! four!</i> etc.	
3. Stand., change between wing and rest stand. position.	Hips <i>firm!</i> Neck <i>firm!</i> Change <i>one!</i> <i>two!</i> etc.	
4. $\frac{1}{2}$ -reach- $\frac{1}{2}$ -stretch-stand., change of arms and 2 arm-extension forward.	Left (right) arm forward, right (left) arm upward <i>stretch!</i> Arms <i>change!</i> Arms forward <i>stretch!</i> etc.	
5. Wing-toe-stand., alternate knees upward-bending (march-time).	Hips <i>firm!</i> Heels <i>raise!</i> <i>Start!</i> <i>Halt!</i> etc.	Trunk bending forward or otherwise too much sharing the movement; not suffi- cient flexion of hips and knee-joints; toes not turned outward.
6 Wing-close-stand., fallout forward.	Hips firm and feet <i>close!</i> Left (right) forward <i>fall-out!</i> Foot <i>re-place!</i> etc.	Heel of backward foot raised from the floor; backward knee not extended; forward knee not sufficiently flexed; compare 2d day's order, 6.
7. Cross (e)-stand., alternate arm-extension upward slowly.	Arms half sideways <i>bend!</i> Alternate arm-extension upward <i>one! two!</i> etc.	
8. Wing-sitting, backward-bending of trunk (45°) [:].	— Hips <i>firm!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	Head bent forward; shoulders pushed forward; movement uneven.
9. Stretch-walk (b)-stand., side-bending of trunk.	Arms upward stretch and left (right) foot forward <i>place!</i> Trunk to left (right) <i>bend!</i> Trunk upward <i>raise!</i> etc.	
10. Stand. free jump with sideways flinging of arms and legs.	— <i>one!</i> — <i>six!</i>	
11. Wing-fallout (b)-stand., heel-raising.	Hips firm and left (right) forward <i>fall-out!</i> Left (right) heel <i>raise!</i> Heel <i>sink!</i> etc.	Trunk lifted up, while the heel is raised.
12. Cross (c)-walk (b)-stand., 2 arm-flinging and change of feet.	Arms forward <i>bend!</i> Arms sideways fling and left (right) foot forward <i>place!</i> Arm-flinging sideways and change of feet <i>one! two!</i> etc.	

## SEVENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Cross (a)-stride-toe-knee-bend-stand., 2 arm-flinging.	Arms forward bend and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Arms side-ways <i>fling!</i> Repeat <i>one!</i> <i>two!</i> etc.	
3. Wing-stride-stand., backward - bending of trunk (gently).	Hips firm and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
4. $\frac{1}{2}$ -reach- $\frac{1}{2}$ - backward - stretch - stand., change of arms and 2 arm-extension backward.	Left (right) arm forward and right (left) arm backward <i>stretch!</i> Arms <i>change!</i> etc. Arms backward <i>stretch!</i> etc.	
5. Rest- $\frac{1}{2}$ -hook-stand., slow leg-extension forward.	Neck <i>firm!</i> Left (right) knee upward <i>bend!</i> Knee <i>stretch!</i> Knee <i>bend!</i> Foot downward <i>place!</i> etc.	Knees not completely extended; toes not turned outward; knee not raised far enough up.
6. Wing-stand., backward-outward fall-out.	Hips <i>firm!</i> Left (right) backward-outward fall-out! Foot re- <i>place!</i> etc.	Compare 1st day's order, 6.
7. Wing-prone- $\frac{1}{2}$ -toe-lean-stand. position.	With hips firm on left (right) foot position <i>place!</i> Po- <i>sition!</i> etc.	Backward knee not completely extended; inner border of backward foot leaning against the floor; forward knee not sufficiently bent; head and shoulders not correctly poised; trunk not kept in a line with backward leg.
8. Cross (e)-stride-stand., backward-bending of trunk.	Arms half sideways bend and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
9. Wing-fallout (a)-stand., side-twisting (left — left, right — right).	Hips firm and left (right) outward fall-out! Trunk to left (right) <i>twist!</i> Trunk forward <i>twist!</i> etc.	Forward knee moving in front of diagonal plane; backward foot not firm on the floor; trunk bending forward, backward, or to side, during the twisting.
10. Stand. free jump forward.	——— <i>one!</i> <i>two!</i> <i>three-four!</i> <i>five!</i> <i>six!</i>	
11. Cross-stand. (c), 2 heel-raising and 2 knee-bending.	Arms sideways <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
12. Bow-stand., circumduction of arms.	Trunk backward <i>bend!</i> Arm-circumduction <i>one!</i> <i>two!</i>	

## EIGHTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Rest-walk (a)-stand., 2 heel-raising and 2 knee-bending.	Neck firm and left (right) foot outward <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	Compare 4th day's order, 2.
3. Wing-stand., backward-bending of trunk (gently).	Hips <i>firm!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
4. $\frac{1}{2}$ -reach- $\frac{1}{2}$ -backward-stretch-stand., change of arms and 2 arm-extension forward.	Left (right) arm forward; right (left) arm backward <i>stretch!</i> Arms <i>change!</i> Arms forward <i>stretch!</i> etc.	One or both shoulders pushed forward.
5. Cross (e)- $\frac{1}{2}$ -stand., leg-raising sideways.	Arms half sideways <i>bend!</i> Left (right) leg sideways <i>raise!</i> Foot downward <i>place!</i> etc.	
6. Rest-fallout (a)-stand., change of feet.	Neck firm and left (right) outward fall-out! Change of feet <i>one!</i> <i>two!</i> etc.	Compare 1st day's order, 6; elbows not kept backward; head pushed forward; feet moving in front of diagonal planes.
7. Bend-prone-stride-stand., 2 arm-extension upward slowly.	Arms upward bend and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Arm-stretching <i>one!</i> <i>two!</i> etc.	
8. Rest-stand., alternate leg-raising forward.	Neck <i>firm!</i> Left (right) leg forward <i>raise!</i> Left (right) leg downward <i>sink!</i> etc.	Knee not completely extended; foot not turned outward; leg not raised far enough; poise of head and trunk disturbed.
9. Bend-stride-twist-stand., 2 arm-extension upward.	Arms upward bend and feet sideways <i>place!</i> Trunk to left (right) <i>twist!</i> Arm-extension upward <i>one!</i> <i>two!</i> etc.	
10. Stand. free jump forward.	— <i>one!</i> — <i>six!</i>	
11. Stretch-stand., 2 heel-raising.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Heels <i>sink!</i> etc.	
12. Cross (c)-bow-stand., arm-circling (small circle).	Arms sideways <i>stretch!</i> Trunk backward <i>bend!</i> Arm-circling <i>one!</i> <i>two!</i> etc.	

## NINTH DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Cross (c)-stride-toe-knee-bend-stand., head-bending backward.
  3. Stand., backward-bending of trunk (gently).
  4.  $\frac{1}{2}$ -backward-stretch- $\frac{1}{2}$ -stretch-stand., change of arms and 2 arm-extension backward.
  5. Rest- $\frac{1}{2}$ -hook-stand., outward-moving of knee.
  6. Rest-close-stand., fallout forward.
  7. Rest-prone-lying position [:].
  8. Wing- $\frac{1}{2}$ -kneeling, backward-bending of trunk.
  9. Rest-walk (a)-twist-stand., side-bending of trunk.
  10. Stand. free jump sideways.
  11. Wing-stride-stand., 2 heel-raising and 2 knee-bending.
  12. Walk (b)-bow-stand., arm-circumduction.

- COMMAND.**
- Arms sideways stretch and feet sideways place! Heels raise! Knees bend! Head backward bend! etc.
- Trunk backward bend! Trunk upward raise! etc.
- Left (right) arm backward, and right (left) arm upward stretch! Arms change! etc. Arms backward stretch! etc.
- Neck firm! Left (right) knee upward bend! Knee outward move! Knee forward move! etc.
- Neck firm and feet close! Left (right) forward fall-out! Foot re-place! etc.
- With neck firm position place! Po-sition! etc.
- Hips firm! Left (right) half-kneeling position place! Trunk backward bend! Trunk upward raise! Po-sition! etc.
- Neck firm and left (right) foot outward place! Trunk to left (right) twist! Trunk to left bend! etc.
- one! two! three-four! five! six!
- Hips firm and feet sideways place! Heels raise! Knees bend! etc.
- Left (right) foot forward place! Trunk backward bend! Arm circumduction one! two! etc.

- FAULTS.**
- Knee not kept up during the movement or flexed too much; hips twisted.
- Compare 6th day's order, 6.
- Compare 4th day's order, 7; elbows not kept far enough back.
- Hips not kept far enough forward; poise of head disturbed.

## TENTH DAY'S ORDER.

### MOVEMENTS.

1. Order movements.
2. Stretch-toe-knee-bend-stand., arm-parting.
3. Rest-stride-stand., backward-bending of trunk.
4.  $\frac{1}{2}$ -backward-stretch- $\frac{1}{2}$ -stretch-stand., change of arms and 2 arm-extension upward.
5. Wing- $\frac{1}{2}$ -hook-stand., knee-extension forward and backward.
6. Rest-stand., backward-outward fall-out.
7. Cross (d)-prone-stride-stand., alternate arm-flinging upward.
8. Rest-sitting, backward-bending of trunk ( $45^\circ$ ) [:].
9. Stretch-walk (b)-lean-stand., side-bending of trunk.
10. Stand. free jump outward.
11. Cross (c)-close-stand., 2 heel-raising.
12. Stand., 2 heel-raising and 2 knee-bending with 2 arm-raising sideways upward and sinking sideways downward.

### COMMAND.

Arms upward *stretch!* Heels *raise!*  
 Knees *bend!* Arm-parting *one! two!*  
 etc.

Neck firm and feet sideways *place!*  
 Trunk backward *bend!* Trunk upward  
*raise!* etc.

Left (right) arm backward and right (left)  
 arm upward *stretch!* Arms *change!*  
 Arms upward *stretch!* etc.

Hips *firm!* Left (right) knee upward  
*bend!* Knee forward *stretch!* Knee  
*bend!* Knee backward *stretch!* Knee  
 upward *bend!* Foot downward *place!*  
 etc.

Neck *firm!* Left (right) backward-out-  
 ward fall-out! Foot *re-place!* etc.

Arms with palms up sideways *stretch* and  
 feet sideways *place!* Trunk forward  
*bend!* Left (right) arm upward *fling!*  
 Arms *change!* etc.

Neck *firm!* Trunk backward *bend!*  
 Trunk upward *raise!* etc.

Arms upward *stretch* and left (right) foot  
 forward *place!* Trunk to left (right)  
*bend!* Upward *raise!* etc.

——— *one! two! three-four! five! six!*

Arms sideways *stretch* and feet *close!*  
 Heels *raise!* etc.

Arms sideways *raise* and heels *raise!*  
 Arms upward *raise* and knees *bend!*  
 Arms sideways sink and knees *stretch!*  
 Arms downward sink and heels *sink!*  
 or (later) *one! two! three! four!*

### FAULTS.

Compare 1st day's order, 6.

Head bent forward; elbows not kept far  
 enough back; movement uneven; com-  
 pare 6th day's order, 8.

## ELEVENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stride - toe - knee - bend - stand., arm-circumduction.	Feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Arm-circumduction <i>one!</i> <i>two!</i> etc.	
3. Rest - stand., backward - bending of trunk.	Neck <i>firm!</i> Trunk backward <i>bend!</i> etc.	
4. $\frac{1}{2}$ -cross $\frac{1}{2}$ - backward - stretch - stand., change of arms and 2 arm-extension sideways.	Left (right) arm sideways and right (left) arm backward <i>stretch!</i> Arms <i>change!</i> Arms sideways <i>stretch!</i> etc.	
5. Stretch - $\frac{1}{2}$ - stand., leg-raising sideways.	Arms upward <i>stretch!</i> Left (right) leg sideways <i>raise!</i> Foot downward <i>place!</i> etc.	
6. Wing - backward - fallout (b) - stand. position.	Hips <i>firm!</i> Left (right) backward fallout! etc.	Backward heel raised from floor; backward knee not completely extended; forward knee not sufficiently bent; compare 2d day's order, 6.
7. Rest-prone- $\frac{1}{2}$ - toe - lean - stand. position.	With neck firm, on left (right) foot position <i>place!</i> Position!	Head bent forward; elbows not kept far enough back; compare 7th day's order, 7.
8. Wing-kneeling, backward - bending of trunk.	Hips <i>firm!</i> Heels <i>raise!</i> Knees deep <i>bend!</i> Kneeling position <i>place!</i> Trunk backward <i>bend!</i> etc.	Hips not kept far enough forward; compare 9th day's order, 8.
9. Rest-fallout (a)-stand., side-twisting (left — left, right — right).	Neck firm and left (right) outward fallout! Trunk to left (right) <i>twist!</i> Trunk forward <i>twist!</i> etc.	Compare 7th day's order, 9.
10. Stand. free jump with facing 90°.	——— <i>one! two! three-four! five! six!</i>	
11. Rest - stand., foot - placing outward and backward-outward in series, with 2 heel-raising.	Neck <i>firm!</i> Start! etc.	
12. Cross (c)-walk (b)-bow-stand., deep breathing.	Arms sideways stretch and left (right) foot forward <i>place!</i> Deep breathing <i>one! two!</i>	

## TWELFTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Rest walk (a)-stand., 2 heel-raising and 2 knee-bending.	Neck firm and left (right) foot outward <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> Heels <i>sink!</i> etc.	Compare 4th day's order, 2.
3. Rest-stride-stand., backward-bending of trunk (gently).	Neck firm and feet sideways <i>place!</i> Trunk backward <i>bend!</i> etc.	
4. $\frac{1}{2}$ -cross- $\frac{1}{2}$ -backward-stretch-stand., change of arms and 2 arm-extension backward.	Left (right) arm sideways and right (left) arm backward <i>stretch!</i> Arms <i>change!</i> Arms backward <i>stretch!</i> etc.	
5. Reach- $\frac{1}{2}$ -stand., knee-bending.	Arms and left (right) foot forward <i>raise!</i> Right (left) knee <i>bend!</i> Knee <i>stretch!</i> etc.	
6. Wing-backward-fallout (c)-stand. position.	Hips firm and feet <i>close!</i> Left (right) backward fall-out! etc.	Backward heel raised from floor; backward knee not completely extended; forward knee not sufficiently bent; compare 6th day's order. 6.
7. Cross (e)-prone-stride-stand., 2 arm-extension upward (slowly).	Arms half sideways bend and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Arm-extension <i>one!</i> <i>two!</i>	
8. Stretch-stand., alternate leg-raising forward.	Arms upward <i>stretch!</i> Left (right) leg forward <i>raise!</i> etc.	
9. Stretch-walk (a)-twist-stand., arm-parting.	Arms upward stretch and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Arm-parting <i>one!</i> <i>two!</i>	
10. Stand. free jump with facing 180°.	— <i>one!</i> <i>two!</i> <i>three-four!</i> <i>five!</i> <i>six!</i>	
11. Rest-stand., 2 heel-raising and 2 knee-bending.	Neck <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> Heels <i>sink!</i>	
12. Bend-bow-stand., 2 arm-extension sideways (slowly).	Arms upward <i>bend!</i> Trunk backward <i>bend!</i> Arm-extension sideways <i>one!</i> <i>two!</i>	



# THIRTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stretch-stride-toe-knee-bend-stand., arm-parting.	Arms upward stretch and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Arm-parting <i>one! two!</i> etc.	
3. Stretch-stride-stand., backward-bending of trunk (gently).	Arms upward stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> etc.	
4. Stand., 2 arm-extension sideways, upward and downward.	Arms sideways, upward and downward <i>stretch!</i>	
5. Wing- $\frac{1}{2}$ -hook-stand., outward-moving and extension of knee.	Hips <i>firm!</i> Left (right) knee upward <i>bend!</i> Knee outward <i>move!</i> Knee <i>stretch!</i> Knee <i>bend!</i> Knee forward <i>move!</i> etc	Knee not kept high enough during the movement or bent too much; hips twisted; trunk bent to the side; knee of supporting leg not completely extended; compare 4th day's order, 6.
6. Rest-stand., fallout backward.	Neck <i>firm!</i> Left (right) backward <i>fall-out!</i> etc.	
7. Fallout-stand. (b), 2 arm-flinging forward-upward, sinking sideways-downward.	Left (right) forward <i>fall-out!</i> Arms forward upward <i>fling!</i> Sideways downward <i>sink!</i> etc.	
8. Rest-lean-stand., backward-bending of trunk.	Neck <i>firm!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
9. Wing-fallout (a)-stand., side-twisting of trunk (left—right, right—left).	Hips <i>firm</i> and left (right) outward <i>fall-out!</i> Trunk to right (left) <i>twist!</i> etc.	Forward knee in front of diagonal plane; the twisting of trunk and head not kept far enough.
10. Stand. forward jump with one start-step.	— <i>Start!</i>	
11. Stretch-stand., 2 heel-raising.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Heels <i>sink!</i> etc.	
12. Stretch-walk (b)-stand., 2 arm-extension upward and change of feet.	Arms upward stretch and left (right) foot forward <i>place!</i> Arm-extension and change of feet <i>one! two!</i> etc.	

## FOURTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Wing-stride-toe-stand., deep 2 knee-bending.	Hips firm and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Knees <i>stretch!</i> etc.	
3. Rest-stand., backward-bending of trunk (gently).	Neck <i>firm!</i> Trunk backward <i>bend!</i> etc.	
4. Stand., 2 arm-extension forward, backward and downward.	Arms forward, backward and downward <i>stretch!</i> etc.	
5. Rest-toe-stand., alternate knee-upward-bending in march-time.	Neck <i>firm!</i> Heels <i>raise!</i> With knee-upward-bending march in the place— <i>march!</i> etc.	Compare 6th day's order, 5.
6. Bend-stand., fallout forward and arm-extension upward.	Arms upward <i>bend!</i> Arms upward stretch and left (right) forward fall- <i>out!</i> etc.	Arms not perfectly extended; hands not kept far enough back; compare 2d day's order, 6.
7. Cross (a)-prone-lying, 2 arm-flinging sideways [:].	With arms forward bend position <i>place!</i> Arms sideways <i>fling!</i> Arm-flinging <i>one! two!</i> etc.	Head and shoulders not kept up high enough; knees not extended.
8. Stretch-stride-stand., backward- bending of trunk.	Arms upward stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
9. Rest-walk (a)-kneeling, side-twisting of trunk.	Knees deep <i>bend!</i> Kneeling position <i>place!</i> Left (right) knee outward <i>place!</i> Neck <i>firm!</i> Trunk to left (right) <i>twist!</i> etc.	Hips not kept far enough forward.
10. Forward jump, with 2-3 start- steps.	— <i>Start!</i>	
11. Rest-stand., foot-placing forward, sideways and backward in series, with 2 heel-raising.	Neck <i>firm!</i> — <i>Start!</i> etc.	
12. Cross (a)-bow-stand., 2 arm-flinging sideways.	Arms forward <i>bend!</i> Trunk backward <i>bend!</i> Arms sideways <i>fling!</i> Arm- flinging <i>one! two!</i> etc.	

## FIFTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Toe-deep-knee-bend-stand., 2 arm-circumduction.	Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Arm-circumduction <i>one! two!</i> etc.	
3. Stretch-stride-stand., backward-bending of trunk (gently).	Arms upward stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> etc.	
4. $\frac{1}{2}$ -cross-stand., change of arms, 2 arm-extension sideways, upward, downward.	Left (right) arm sideways <i>stretch!</i> Arms <i>change!</i> etc. Arms sideways, upward and downward <i>stretch!</i>	
5. Cross(c)-toe-stand., slow march forward.	Arms sideways <i>stretch!</i> Heels <i>raise!</i> March forward <i>one! two!</i> etc.	
6. Bend-stand., backward fallout and arm-extension upward.	Arms upward <i>bend!</i> Arms upward stretch and left (right) backward fall- <i>out!</i> etc.	Compare 14th day's order, 6.
7. Prone-stride-stand., arm-flinging forward-upward, sinking sideways-downward.	Feet sideways <i>place!</i> Trunk forward <i>bend!</i> Arm-flinging <i>one! two!</i> etc.	
8. Rest- $\frac{1}{2}$ -kneeling, backward-bending of trunk.	Neck <i>firm!</i> $\frac{1}{2}$ kneeling position <i>place!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> Feet <i>change!</i> etc.	Compare 9th day's order, 8.
9. Rest-fallout-stand., (a) side-twisting (left—right, right—left).	Neck firm and left (right) outward <i>fallout!</i> Trunk to right (left) <i>twist!</i> Trunk for- ward <i>twist!</i> etc.	Compare 13th day's order, 9.
10. Stand. free jump with facing 2 by 180°.	<i>Start!</i>	
11. Cross-stand. (e), 2 heel-raising and 2 knee-bending.	Arms half sideways <i>bend!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
12. Twist-stand., circumduction of arms.	Trunk to left (right) <i>twist!</i> Arm-circum- duction <i>one! two!</i>	

## SIXTEENTH DAY'S ORDER.

### MOVEMENTS.

1. Order movements.
2. Wing - toe - stride - deep - knee - bend - stand., alternate head-twisting.
3. Stretch-stand., backward-bending of trunk (gently).
4.  $\frac{1}{2}$ -reach-stand., change of arms and 2 arm-extension forward, sideways and downward.
5. Stretch- $\frac{1}{2}$ -hook-stand., leg-extension backward.
6. Rest-close-stand., fallout backward.
7. Cross (c)-prone -  $\frac{1}{2}$  - toe - lean - stand., 2 arm-rotation.
8. Stretch-stride-bow-stand., arm-parting.
9. Stretch - stride - twist - stand., side-bending of trunk.
10. Stand. free jump, 1-3 start-steps with facing 90°.
11. Rest-fallout (b)-stand., heel-raising.
12. Cross (c)-walk (b)-stand., 2 arm-flinging sideways and change of feet, followed by 2 arm-raising sideways and 2 heel-raising.

### COMMAND.

Hips firm and feet sideways *place!*  
Heels *raise!* Knees *bend!* Deep *bend!*  
Alternate head-twisting *one!* etc.

Arms upward *stretch!* Trunk backward *bend!* etc.

Left (right) arm forward *stretch!* Arms *change!* etc. Arms forward, sideways and downward *stretch!*

Arms upward *stretch!* Left (right) knee upward *bend!* Knee backward *stretch!*  
Knee upward *bend!* etc.

Neck firm and feet *close!* Left (right) backward fall-out! etc.

With arms sideways fling on left (right) foot position *place!* Arm-rotation *one!* *two!* etc.

Arms upward stretch and feet sideways *place!* Trunk backward *bend!* Arm-parting *one!* *two!* etc.

Arms upward stretch and feet sideways *place!* Trunk to left *twist!* Trunk to left *bend!* etc.

*Start!*

Neck firm and left (right) forward fall-out! Left (right) heel *raise!* Heel *sink!* etc. Feet *change!* etc.

Arms forward *bend!* Arms sideways fling and left (right) foot forward *place!*  
Arms fling and feet *change!* etc.

### FAULTS.

Hands not kept far enough back.

Compare 12th day's order, 6; elbows not kept far enough back; head bent forward.

Compare 11th day's order, 7.

Hands not kept far enough back; knees not perfectly extended.

Trunk raised while the heel is raised; backward foot not firm on the floor.

## SEVENTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Bend-toe-knee-bend-stand., 2 arm-extension sideways.	Arms upward <i>bend!</i> Heels <i>raise!</i> Knees <i>bend!</i> Arms sideways <i>stretch!</i> Arm-extension <i>one! two!</i> etc.	
3. Rest-stride-bow-stand., 2 heel-raising [:].	"Ones," Neck firm and feet sideways <i>place!</i> Trunk backward <i>bend!</i> "Twos," Support <i>place!</i> "Ones," Heels <i>raise!</i> Heels <i>sink!</i> Trunk upward <i>raise!</i> etc.	Head bent forward; chest flattened down; hips pushed forward; knees not perfectly extended; heels not kept together, not raised high enough.
4. $\frac{1}{2}$ -stretch-stand., change of arms and 2 arm-extension upward, forward and downward.	Left (right) arm upward <i>stretch!</i> Arms <i>change!</i> Arms upward, forward and downward <i>stretch!</i> etc.	
5. Wing-stand., alternate knee upward bending and stretching with advance forward (slow rhythm).	Hips <i>firm!</i> With upward bending and stretching of knee, slow march forward <i>one! two! three!</i> etc.	Balance uncertain; poise of head and chest disturbed.
6. $\frac{1}{2}$ stretch-fallout (a) position.	Left (right) arm upward and right (left) arm downward stretch, and left (right) outward <i>fall-out!</i> etc.	The upward-stretched arm not parallel with the axis of the trunk; forward knee not sufficiently bent, or moved in front of diagonal plane; twisting of head and shoulders incomplete.
7. Cross (b)-prone-stand., 2 arm-rotation to cross (e) position.	Arms half forward <i>bend!</i> Trunk forward <i>bend!</i> 2 arm-rotation <i>one! two!</i> etc.	
8. Wing-sitting, backward-bending to horizontal position [:].	Hips <i>firm!</i> Trunk to horizontal position backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	Head and shoulders incorrectly poised
9. Stretch-fallout (a) stand., side-twisting (left-right, right-left).	Arms upward stretch and left (right) outward <i>fall-out!</i> Trunk to right (left) <i>twist!</i> Trunk forward <i>twist!</i> Po-sition! etc.	Arms not parallel, or hands not far enough backward; knee moved in front of diagonal plane during the twisting of trunk, or not bent far enough; rotation not around the axis of the trunk.
10. Outward jump, with one start-step.	<i>Start!</i>	
11. Stand., alternate toe-raising.	Alternate toe-raising <i>start!</i> <i>Halt!</i>	
12. Stretch-fallout-stand., (b) 2 arm-parting.	Arms upward stretch and left (right) forward <i>fall-out!</i> Arm-parting <i>one! two!</i>	Knee not completely extended; trunk swaying sideways.

## EIGHTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Cross (c)-toe-deep-knee-bend - stand., head-bending backward.	Arms sideways <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Head back- ward <i>bend!</i> etc.	
3. Stretch-stand., backward-bending of trunk (gently).	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
4. $\frac{1}{2}$ -backward-stretch-stand., change of arms and 2 arm-extension back-ward, forward and downward.	Left (right) arm backward <i>stretch!</i> Arms <i>change!</i> Arms backward, forward and downward <i>stretch!</i>	
5. Rest- $\frac{1}{2}$ -hook-stand., outward moving and extension of knee.	Neck <i>firm!</i> Left (right) knee upward <i>bend!</i> Knee outward <i>move!</i> Knee <i>stretch!</i> etc.	Compare 13th day's order, 5.
6. Stand., $\frac{1}{2}$ -stretch-fallout backward-outward.	Left (right) arm upward, right (left) arm backward stretch, and right (left) back- ward-outward fall-out! etc.	Compare 17th day's order, 6.
7. Stretch-prone- $\frac{1}{2}$ -toe-lean-stand., posi- tion.	With upward flinging of arms on left (right) foot position <i>place!</i> Po-sition! etc.	Arms not parallel; hands not kept far enough back; compare 11th day's order, 7.
8. Rest-kneeling backward-bending of trunk.	Neck <i>firm!</i> Knees deep <i>bend!</i> Kneeling position <i>place!</i> Trunk backward <i>bend!</i> etc.	Hips not kept far enough forward; elbows not far enough backward.
9. Wing - stride - stand., quick trunk- rotation.	Hips firm and feet sideways <i>place!</i> Quick trunk-rotation <i>one! two!</i> etc.	
10. Sideways jump, with one start-step.	<i>Start!</i>	
11. Rest-stand., 2 heel-raising and 2 knee-bending.	Neck <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> etc.	
12. Bend-walk (b)-bow - stand., slow 2 arm-extension upward,	Arms upward bend and left (right) foot forward <i>place!</i> Trunk backward <i>bend!</i> Arm-extension upward <i>one! two!</i> etc.	

# NINETEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Bend-stride-toe-knee-bend - stand., 2 arm-extension upward.	Arms upward bend and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Arm-extension upward <i>one! two!</i>	
3. Rest - stride - bow - stand., 2 heel-raising [:].	"Ones," Neck firm and feet sideways <i>place!</i> Trunk backward <i>bend!</i> "Twos," support <i>place!</i> "Ones," Heels <i>raise!</i> Heels <i>sink!</i> Trunk upward <i>raise!</i> etc.	See 17th day's order, 3.
4. Stand., 2 arm - extension upward, sideways, forward and downward, and alternate arm-extension.	Arms upward, sideways, forward and downward <i>stretch!</i> etc.	
5. Cross (c)- $\frac{1}{2}$ -hook-stand. (b) position.	Arms sideways <i>stretch!</i> Left (right) knee upward <i>bend!</i> Knee <i>stretch!</i> Knee <i>bend!</i> etc.	Knee not completely extended, not kept high enough; instep not extended; toes not turned outward; trunk bent backward.
6. Bend - close - stand., fallout forward and 2 arm-extension upward.	Arms upward bend and feet <i>close!</i> Arms upward stretch and left (right) forward <i>fall-out!</i> <i>Position!</i> etc.	
7. Bend-prone - stride - stand., alternate arm-extension upward.	Arms upward bend and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-extension <i>one! two!</i> etc.	Head bending to the sides; hand not far enough backward, while arm extended.
8. Cross (e) - bow - stride - stand., slow 2 arm-extension sideways.	Arms half sideways bend and feet sideways <i>place!</i> Trunk backward <i>bend!</i> Arm-extension sideways <i>one! two!</i> Trunk upward <i>raise!</i> etc.	
9. Rest-walk (a)-twist-stand., backward-bending of trunk.	Neck firm and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> Trunk forward <i>twist!</i> Feet <i>change!</i> etc.	The twisting not maintained during the backward-bending; knees bent; feet not firmly planted on the floor.
10. Outward jump, with one start-step.	<i>Start!</i>	
11. Cross (e)-toe-stand., slow march forward and backward.	Arms half sideways <i>bend!</i> Heels <i>raise!</i> Slow march forward (backward) <i>one! two!</i> etc.	
12. Close-twist-stand., circumduction of arms.	Feet <i>close!</i> Trunk to left (right) <i>twist!</i> circumduction of arms <i>one! two!</i>	

## TWENTIETH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stretch-toe-deep - knee - bend - stand., arm-parting.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Arm-part- ing <i>one! two!</i>	
3. Rest-bow-stand., alternate knee-up-ward-bending [:].	"Ones," Neck <i>firm!</i> Trunk backward <i>bend!</i> "Twos," Support <i>place!</i> "Ones," Alternate knee-upward-bend- ing <i>one! two! three! four!</i> Trunk up- ward <i>raise!</i> etc.	Poise of hips and chest disturbed, while the knee is raised; toes not turned out- ward; compare 17th day's order, 3.
4. Stand., 2 arm - extension forward, backward, upward and downward, alternate arm-extension.	Arms forward, backward, upward and downward <i>stretch!</i>	
5. Stretch-toe-stand., slow march for-ward.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Slow march forward <i>one! two!</i> etc.	Heels not raised high enough; hands not far enough backward.
6. Rest-close-stand., fallout backward.	Neck firm and feet <i>close!</i> Left (right) backward fall-out! Left (right) foot re- place! etc.	Compare 6th day's order, 6.
7. Cross (b) fallout-(b)-stand., alternate arm-rotation to cross (e).	Arms half forward bend and left (right) forward fall-out! Alternate arm-rotat- ion <i>one! two!</i> etc.	
8. Rest-lying, leg-raising and sinking slowly.	With neck firm position <i>place!</i> Legs <i>raise!</i> Legs <i>sink!</i> Po-sition!	Knees flexed; heels separated; insteps not extended.
9. Wing - stand., quick trunk - bending sideways.	Hips <i>firm!</i> Quick side-bending of trunk <i>one! two!</i> etc.	
10. High-stand. deep jump, with ad-vance of one foot.	Position <i>place!</i> With advance of left (right) foot, jump downward <i>one! two- three! four! five!</i>	
11. Rest - stand., foot - placing outward and backward-outward in series with 2 heel-raising.	Neck <i>firm!</i> Start! Halt! etc.	
12. Stand., 2 heel-raising and 2 knee-bending, with 2 arm-raising side-ways upward, and sinking side-ways downward.	—— <i>one! two! three! four!</i>	



## TWENTY-FIRST DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Rest-toe-stride-stand., deep knee-bending.	Neck firm and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> etc.	
3. Rest-bow-stand., 2 heel-raising [:].	"Ones," Neck <i>firm!</i> Trunk backward <i>bend!</i> "Twos," Support <i>place!</i> "Ones," Heels <i>raise!</i> Heels <i>sink!</i> Trunk upward <i>raise!</i> etc.	Heels separate; compare 17th day's order, 3.
4. Stand., 2 arm-extension backward, upward, forward and downward, and alternate arm-extension.	Arms backward, upward, forward and downward <i>stretch!</i> etc.	
5. Wing-stand., alternate knee-upward-bending slow time with quick changes.	Hips <i>firm!</i> Left (right) knee upward <i>bend!</i> Change <i>one!</i> <i>two!</i> etc.	Balance uncertain.
6. Bend-close-stand., 2 arm-extension upward and backward fallout.	Arms upward bend and feet <i>close!</i> Arms upward <i>stretch!</i> and left (right) backward <i>fall-out!</i> etc.	Hands not far enough backward; arms not parallel; compare 6th day's order, 6.
7. Bend-prone-stride-stand., alternate arm-extension upward.	Arms upward bend and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-extension <i>one!</i> <i>two!</i>	Poise of head and shoulders disturbed; arm not extended parallel with the axis of the trunk.
8. Cross (e)-bow- $\frac{1}{4}$ -kneeling, 2 arm-extension sideways slowly.	Half-kneeling position <i>place!</i> Arms half sideways <i>bend!</i> Trunk backward <i>bend!</i> Arm-extension sideways <i>one!</i> <i>two!</i> Trunk upward <i>raise!</i> etc.	Hips not kept far enough forward; poise of head and chest disturbed.
9. Wing-fallout (a)-twist-stand., side-bending.	Hips firm and left (right) outward <i>fall-out!</i> Trunk to right (left) <i>twist!</i> Trunk to left (right) <i>bend!</i> Trunk upward <i>raise!</i> Trunk forward <i>twist!</i> Feet <i>change!</i> etc.	Forward knee in front of diagonal plane; bending of trunk not straight in the diagonal plane; forward knee extended while the trunk is raised.
10. Sideways jump, with one start-step.	<i>Start!</i>	
11. Rest-stride-stand., 2 heel-raising and 2 knee-bending.	Neck firm and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
12. Stretch-bow-stand., 2 arm-parting.	Arms upward <i>stretch!</i> Trunk (slightly) backward <i>bend!</i> Arm-parting <i>one!</i> <i>two!</i>	

## TWENTY-SECOND DAY'S ORDER.

### MOVEMENTS.

### COMMAND.

### FAULTS.

- |   |   |  |
|---|---|--|
| 1. Order movements.   |   |  |
| 2. Bend - stride - toe - deep - knee - bend-stand., 2 arm-extension sideways.                             | Arms upward bend and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Arm-extension sideways <i>one! two!</i>                                       |  |
| 3. Rest-bow-stand., 2 heel-raising [:].   | "Ones," Neck <i>firm!</i> Trunk backward <i>bend!</i> "Twos," Support <i>place!</i> "Ones," Heels <i>raise!</i> Heels <i>sink!</i> Trunk upward <i>raise!</i> etc.                      | See 21st day's order, 3.   |
| 4. Stand., 2 arm-extension sideways, forward, backward, upward and downward, and alternate arm-extension. | Arms sideways, forward, backward, upward and downward <i>stretch!</i>   |  |
| 5. Cross (e)- $\frac{1}{2}$ -hook-stand., slow leg-extension backward.                                    | Arms half sideways bend and left (right) knee upward <i>bend!</i> Knee backward <i>stretch!</i> Knee upward <i>bend!</i> Feet <i>change!</i> etc.                                       | Knee and instep not perfectly extended; toe not turned outward; leg not moving straight backward.                                      |
| 6. Stand., $\frac{1}{2}$ -stretch - fallout backward-outward.   | Left (right) arm upward and right (left) arm downward stretch and right (left) backward-outward fall-out! <i>Position!</i> etc.   | Compare 17th day's order, 6.   |
| 7. Cross (e)-prone-stride-stand., alternate arm-extension upward.   | Arms half sideways bend and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-extension upward <i>one! two!</i> etc.   | Poise of head and shoulders disturbed; arm not extended parallel with the axis of the trunk.   |
| 8. Rest-sitting, backward-bending of trunk to horizontal position [:].                                    | Sitting position <i>place!</i> Neck <i>firm!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.  | Head and elbows not far enough backward; movement uneven.  |
| 9. Stretch - stride - twist - stand., backward-bending of trunk.  | Arms upward stretch and feet sideways <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> Trunk to right (left) <i>twist!</i> etc. | Hands not far enough backward; twisting of trunk not maintained during the backward-bending; knees bending or feet not firmly planted. |
| 10. Forward jump, with 1-3 start-steps facing 180°.   | <i>Start!</i>   |  |
| 11. Wing - toe - knee - bend - stand., slow march forward.  |   | Trunk bent forward; poise of head and chest disturbed.   |
| 12. Cross (c)-fallout (b)-stand., 2 arm-flinging sideways.  | Arms forward <i>bend!</i> Arms sideways fling and left (right) forward fall-out! Arm-flinging <i>one! two!</i>  |  |

## TWENTY-THIRD DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Stretch-stride-toe-stand., deep knee-bending.
  3. Rest-bow-stand., alternate knee upward-bending and stretching [:].
  4. Stand., 2 arm-extension backward, forward, sideways, upward and downward, and alternate arm-extension.
  5. Stretch-toe-stand., alternate knee upward-bending (march-time).
  6. Stretch-fallout (b)-stand., arm-extension and change of feet.
  7. Cross (e)-prone-stride-stand., alternate arm-extension upward.
  8. Stretch-stride-bow-kneeling, arm-parting.
  9. Rest-stride-stand., quick trunk-rotation.
  10. Stand. free jump with facing 2 by 180°.
  11. Rest-stand., foot-placing forward, sideways and backward in series, with 2 heel-raising.
  12. Cross (c) fallout (b)-stand., 2 arm-flinging with change of feet, followed by 2 arm-raising sideways.

**COMMAND.**

Arms upward stretch and feet sideways *place!* Heels *raise!* Knees *bend!* Deep *bend!* Knees *stretch!* etc.

"Ones," Neck *firm!* Trunk backward *bend!* "Twos," Support *place!* "Ones," Left (right) knee upward *bend!* Knee *stretch!* Knee *bend!* Foot downward *place!* or *one! two! three! four!* etc.

Arms backward, forward, sideways, upward and downward *stretch!* etc.

Arms upward *stretch!* Heels *raise!* Alternate knee upward-bending, in march-time *march!* *Halt!*

Arms upward stretch and left (right) forward fall-out! Arms upward stretch and feet *change!* etc.

Arms half sideways bend and feet sideways *place!* Trunk forward *bend!* Alternate arm-extension upward *one! two!* etc.

Arms upward stretch and feet sideways *place!* Kneeling position *place!* Trunk backward *bend!* Arm-parting *one! two!* etc.

Neck *firm!* and feet sideways *place!* Quick trunk-rotation *one! two!* — *one! two! three-four! five! six!*

Neck *firm!* *Start!*

Arms forward *bend!* Arms sideways fling and left (right) forward fall-out! Arm-flinging and change of feet *one! two!* etc. Arms sideways *raise!* Arms downward *sink!*

**FAULTS.**

Knee not kept high enough during the extension; toe not turned outward; compare 20th day's order, 3.

Hands not far enough backward; knee not raised high enough; hips swaying too much sideways.  
Compare 14th day's order, 6.

Hips not far enough forward; hands not far enough backward.

Poise of head and chest disturbed.

## TWENTY-FOURTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stretch-walk (a)-stand., 2 heel-raising and 2 knee-bending.	Arms upward stretch and left (right) foot outward <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	Hands not far enough backward; compare 4th day's order, 2.
3. Rest-bow-stand., alternate leg-raising [:].	"Ones," Neck <i>firm!</i> Trunk backward <i>bend!</i> "Twos," Support <i>place!</i> "Ones," Left (right) leg forward <i>raise!</i> Downward <i>place!</i> etc., or alternate leg-raising <i>one! two! three! four!</i> etc. Arms upward, backward, forward, sideways and downward <i>stretch!</i>	Knees not completely extended; instep not extended; toes not turned out; compare 23d day's order, 3.
4. Stand., 2 arm-extension upward, backward, forward, sideways and downward, and alternate arm-extension.		
5. Rest- $\frac{1}{2}$ -stand., knee-bending.	Neck firm and left (right) foot <i>raise!</i> Right (left) knee <i>bend!</i> etc.	Head bent forward; elbows not far enough back; trunk bent backward; balance uncertain.
6. $\frac{1}{2}$ -stretch-fallout (a)-stand., change of arms and feet.	Left (right) arm upward and right (left) arm downward stretch and left (right) outward fall - out! Arms and feet <i>change!</i> etc.	Compare 17th day's order, 6.
7. Prone-lying, swimming movements with the arms [:].	Prone-lying position <i>place!</i> Swimming movements <i>one! two! three!</i> or <i>Start!</i> etc.	Head and chest not kept high enough; arms not moving in the horizontal plane; fingers not close together; hands separate during the forward-stretching of arms; moving sideways of the arms continued too far backward.
8. Rest - sitting, backward - bending of trunk to horizontal position.	Sitting position <i>place!</i> Neck <i>firm!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	Compare 21st day's order, 9.
9. Rest-fallout (a) - twist-stand., side-bending.	Neck firm and left (right) outward fall-out! Trunk to right (left) <i>twist!</i> Trunk to left (right) <i>bend!</i> Trunk upward <i>raise!</i> etc.	
10. High-stand. deep jump with feet together.	<i>Start!</i>	Heels separate and poise uncertain in the landing.
11. Stretch-stand., 2 heel-raising and 2 knee-bending.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	Hands not far enough back.
12. Cross (c)-fallout (b)-stand., 2 arm-flinging with change of feet, followed by 2 arm-raising sideways.	Arms forward <i>bend!</i> Arms sideways fling and left (right) forward fall-out! Arm-flinging and change of feet <i>one! two!</i> etc. Arms sideways <i>raise!</i> Arms downward <i>sink!</i>	Balance uncertain; arms not moving level with shoulders.

## TWENTY-FIFTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stretch-stride-toe-deep-knee-bend-stand., 2 arm-parting.	Arms upward stretch and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Arm-parting <i>one! two!</i>	Hands not far enough back.
3. Stretch-stride-bow-stand., 2 heel-raising [:].	"Ones," Arms upward stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> "Twos," Support <i>place!</i> "Ones," Heels <i>raise!</i> Heels <i>sink!</i> Trunk upward <i>raise!</i> etc.	Hands not far enough back; chest not kept high enough; head bent backward or forward; heels not close together or not raised high enough.
4. Stand., 2 arm-extension sideways, forward, backward, upward and downward, and alternate arm-extension.	Arms sideways, forward, backward, upward and downward <i>stretch!</i>	
5. Wing-horizontal- $\frac{1}{2}$ -stand. position.	On left (right) foot position <i>place!</i> Position! etc.	Head and chest not kept up enough; elbows not far enough back; backward leg not completely extended or not raised high enough; balance uncertain. Compare 17th day's order, 6.
6. $\frac{1}{2}$ -stretch-backward-outward fallout stand., change of arms and feet.	Left (right) arm upward and right (left) arm downward stretch and right (left) backward-outward fall-out! Arms and feet <i>change!</i> Position!	
7. Bend-prone-lying, upward-stretching of arms.	With upward bending of arms position <i>place!</i> Arms upward <i>stretch!</i> etc.	Hands not kept high enough; compare 4th day's order, 7.
8. Stretch-stride-bow-kneeling, arm-parting.	Stride-kneeling position <i>place!</i> Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Arm-parting <i>one! two!</i> Trunk upward <i>raise!</i> etc.	Hands not far enough backward; hips not far enough forward.
9. Stretch-stride-stand., quick trunk-bending to the side.	Arms upward stretch and feet sideways <i>place!</i> Quick side-bending of trunk <i>one! two!</i> etc.	
10. Stand. free jump with facing 360°.	— one! — six!	
11. Cross (c)-toe-knee-bend-stand., slow march forward.	Arms sideways <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> Slow march forward <i>one! two!</i> etc.	Trunk bent forward or swaying sideways; heels not raised high enough.
12. Cross (c)-walk (b)-bow-stand., 2 arm-flinging and change of feet, followed by circumduction of arms.	Arms forward <i>bend!</i> Trunk gently backward <i>bend!</i> Arms sideways fling and left (right) foot forward <i>place!</i> Arm-flinging and change of feet <i>one! two!</i> etc. Circumduction of arms <i>one! two!</i>	

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toe, deep - k d., spring - ju e with altern of knee.	ing, swimming- ith legs.	Stand., free jump in the place with facing 2 by 360°.	outward. Stretch-walk (a)-toe-stand., 2 knee-bending.	raising. Cross (a)-twist-outward-fallout- stand., 2 arm-flinging side- ways with change of feet in series; stand., circumduction of arms.
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Day

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Fourth

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Sixth

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## THE GYMNASTIC DAY'S ORDERS.

### THIRD SERIES.

The days' orders of this series are arranged in accord with the following general schedule:—

1. Order movement.
2. Leg movement.
3. Strain-bending movement.
4. Heave movement.
5. Balance movement.
6. Fallout movement.
7. Back movement.
8. Abdominal movement.
9. Alternate side movement.
10. Leg movement.
11. Heave movement.
12. Jump.
13. Slow leg movement.
14. Respiratory movement.

These days' orders are intended to be used for pupils in the age of 15-20 years, who shall have had a previous training corresponding to the second series.

Besides the movements enumerated in each day's order, there should be given the stoop-standing position, slow leg movement,

respiratory movement, march and run in accord with the directions that are given in connection with the first and second series. March and running exercises should be given between the 6 and 7 or 8 and 9 movement in the schedule.



## FIRST DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Cross-[d]-toe-stand., 2 arm-raising and 2 knee-bending.
  3. Rest-stride-bow-stand., 2 heel-raising [:].
  4. Stand., 2 arm-extension and alternate arm-extension in various directions.
  5. Cross (c)-hook-stand., backward-stretching of knee.
  6. Wing-stand., fallout outward and backward-outward.
  7. Cross (a)-prone-lying, 2 arm-flinging sideways [:].
  8. Bend-bow-stride-stand., 2 arm-extension sideways (slowly).
  9. Wing-walk (a)-twist-stand., side-bending of trunk.
  10. Garde position.
  11. Fall-hang. (a) position.
  12. Stand. free jump with sideways-flinging of arms.
  13. Stand., foot-placing in various directions.
  14. Cross (d)-stand., 2 arm-raising and 2 heel-raising.

- COMMAND.**
- With palms up, arms sideways *stretch!*  
Heels *raise!* Arm-raising and knee-bending *one! two!* etc.
- "Ones," Neck firm and feet sideways *place!* Trunk backward *bend!*  
"Twos," Support *place!* "Ones," Heels *raise!* Heels *sink!* Trunk upward *raise!* etc.
- Arms... *stretch!* Left (right) arm.... right (left)... *stretch!* Arms *change!* etc.
- Arms sideways *stretch!* Left (right) knee upward *bend!* Knee backward *stretch!* etc.
- Hips firm and left (right) outward (backward-outward) *fall-out!* Feet *change!* etc.
- With arms forward bend position *place!*  
Arms sideways *fling!* Arm-flinging *one! two!* etc.
- Arms upward bend and feet sideways *place!* Trunk backward *bend!* Arm-stretching sideways *one! two!* etc.
- Hips firm and left (right) foot outward *place!* Trunk to left (right) *twist!*  
Trunk to left (right) *bend!* etc.
- To garde position half left (right) *face!*  
Knees *bend!* Right (left) foot outward *place!* Right (left) foot *re-place!*  
Knees *stretch!* Half right (left) *face!* etc.
- Fall-hanging position *place!* Po-si-tion!  
*One! two! three-four! five! six!*
- Start! Halt!*
- With palms up, arms sideways *stretch!*  
Arm-raising and heel-raising *one! two!*

- FAULTS.**
- Chest not raised enough; head not poised in the prolonged axis of the trunk; elbows not far enough back; knees not perfectly extended.
- Shoulders not sufficiently twisted; face not straight to the front; knees not sufficiently bent nor kept sufficiently outward; heel raised from the floor; trunk not erect, not over the backward foot.

## SECOND DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stretch-toe-stand., deep knee-bending.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Knees <i>stretch!</i> etc.	
3. Stretch-stand., backward-bending of trunk.	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> etc.	Compare 1st day's order, 3.
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) . . . <i>stretch!</i> Arms <i>change!</i> etc.	
5. Rest-toe-stand., alternate knee upward-bending (march-time).	Neck <i>firm!</i> Heels <i>raise!</i> With upward- bending of knee in the place, <i>march!</i> <i>Halt!</i> etc.	
6. Bend-stand., arm-stretching upward and fallout forward and backward.	Arms upward stretch and left (right) forward (backward) <i>fall-out!</i> Arms stretch and feet <i>change!</i> etc.	
7. Prone-stride-stand., 2 arm-flinging forward-upward and sinking sideways-downward.	Feet sideways <i>place!</i> Trunk forward <i>bend!</i> Arms forward-upward <i>fling!</i> Arms sideways-downward <i>sink!</i> etc.	
8. Wing-sitting, backward-bending of trunk (45°) [:].	Hips <i>firm!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
9. Rest-fallout-stand. (a), side-twisting of trunk.	Neck firm and left (right) outward <i>fall-</i> <i>out!</i> Trunk to left (right) <i>twist!</i> Trunk forward <i>twist!</i> Feet <i>change!</i> etc.	
10. Wing-stand., spring-jump in the place.	Hips <i>firm!</i> Heels <i>raise!</i> Spring-jump <i>start!</i> <i>Halt!</i> etc.	Poise of head and chest uncertain.
11. Bow-hanging (a) position.	Bow-hanging position <i>place!</i>	
12. Stand. free jump forward.	<i>Start!</i>	
13. Wing-stride-stand., 2 heel-raising and knee-bending.	Hips firm and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
14. Stand., 2 arm-raising sideways-upward and 2 heel-raising.	<i>One! two!</i>	

## THIRD DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.	Arms upward <i>bend!</i> Heels <i>raise!</i> Arm-stretching upward and knee-bending <i>one! two!</i> etc.	
2. Bend-toe-stand., 2 arm-stretching upward and 2 knee-bending.	Arms upward stretch and feet sideways <i>place!</i> Trunk backward <i>bend!</i> (Support) Heels <i>raise!</i> Heels <i>sink!</i> etc.	Compare 1st day's order, 3
3. Stretch-stride - bow - stand., 2 heel-raising [:].	Arms... <i>stretch!</i> Left (right) arm..., right (left) arm... <i>stretch!</i> Arms <i>change!</i> etc.	
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms upward <i>stretch!</i> Left (right) leg sideways <i>raise!</i> <i>Position!</i> etc.	
5. Stretch- $\frac{1}{2}$ -stand., leg-raising sideways.	Neck firm and left (right) outward (backward-outward) <i>fall-out!</i> <i>Position!</i> etc.	
6. Rest-stand., fallout outward and backward-outward.	On left (right) foot position <i>place!</i> <i>Position!</i>	
7. Rest-prone- $\frac{1}{2}$ -toe-lean-stand. position.	Stride - kneeling position <i>place!</i> Neck <i>firm!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> <i>Position!</i> etc.	
8. Rest - stride - kneeling, backward-bending of trunk.	Hips firm and feet sideways <i>place!</i> Alternate quick trunk-rotation <i>one! two!</i> etc.	
9. Wing-stride-stand., quick trunk-rotation.	To garde position half left (right) <i>face!</i> Knees <i>bend!</i> Right (left) foot outward <i>place!</i> Right (left) foot <i>re-place!</i> Knees <i>stretch!</i> Half right (left) <i>face!</i>	See 1st day's order, 10.
10. Garde position.	Fall-hanging position <i>place!</i> Alternate head twisting <i>one! two! three! four!</i> etc.	
11. Fall-hang. (a), alternate head-twisting.	<i>Start!</i>	
12. Stand. free jump with sideways-flinging of legs.	Arms sideways <i>stretch!</i> Heels <i>raise!</i> March forward <i>one! two!</i> etc.	
13. Cross (c) - toe - stand., slow march forward.	Feet <i>close!</i> Trunk to left (right) <i>twist!</i> Circumduction of arms <i>one! two!</i> etc.	
14. Close-twist-stand., circumduction of arms.		

## FOURTH DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Rest-walk-stand. (a), 2 heel-raising and 2 knee-bending.
  3. Rest-bow-stand., 2 heel-raising [:].
  4. 2 arm-extension and alternate arm-extension in various directions.
  5. Cross (d)-close-toe-stand., 2 arm raising upward (slowly).
  6. ‡-stretch-fallout-stand. (a), change of arms and feet.
  7. Cross (e)-stride-prone-stand., alternate arm-extension upward.
  8. Bend-bow-stride-stand., 2 arm-extension upward (slowly).
  9. Wing-walk (a)-kneeling, side-twisting of trunk.
  10. Garde-stand., march forward.
  11. Bow-hanging (a), alternate head-twisting.
  12. Stand. free jump sideways.
  13. Rest-toe-stand., 2 knee-bending.
  14. Cross (a)-bow-stand., 2 arm-flinging sideways.

- COMMAND.**
- Neck firm and left (right) foot outward *place!* Heels *raise!* Knees *bend!* etc.
- Neck *firm!* Trunk backward *bend!* Heels *raise!* Heels *sink!* etc.
- Arms . . . *stretch!* Left (right) arm . . . , right (left) arm . . . *stretch!* Arms *change!* etc.
- With palms up, arms sideways stretch and feet *close!* Heels *raise!* Arms upward *raise!* Heels *sink!* *Position!*
- Left (right) arm upward, right (left) arm downward, *stretch!* and left (right) outward fall-out! Arms and feet *change!* etc.
- Arms half sideways bend and feet sideways *place!* Trunk forward *bend!* Alternate arm-extension upward *one!* *two!* etc.
- Arms upward bend and feet sideways *place!* Trunk backward *bend!* Arms upward *stretch!* Trunk upward *raise!* etc.
- Hips *firm!* Walk-kneeling position *place!* Trunk to left (right) *twist!* Forward *twist!* etc.
- Garde position *place!* March forward *one!* *two!* *Position!*
- Bow-hanging position *place!* Alternate head-twisting *one!* *two!*
- Start!*
- Neck *firm!* Heels *raise!* Knees *bend!* etc.
- Arms forward *bend!* Trunk backward *bend!* Arms sideways *fling!* Arm-flinging *one!* *two!*

**FAULTS.**

Compare 1st day's order, 3.

Compare 1st day's order, 10.

## FIFTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stride-cross (d)-toe-stand., 2 arm-raising and 2 knee-bending.	With palms up, arms sideways stretch and feet sideways <i>place!</i> Heels <i>raise!</i> Arm-raising and knee-bending <i>one!</i> <i>two!</i> etc.	
3. Stretch-bow-stand., 2 heel-raising [:].	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> (Support) Heels <i>raise!</i> Heels <i>sink!</i> etc.	Compare 1st day's order, 3.
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms... <i>stretch!</i> Left (right) arm..., right (left) arm... <i>stretch!</i> Arms <i>change!</i> etc.	
5. Reach - $\frac{1}{2}$ - stand., knee - bending (slowly).	Arms forward and left (right) leg forward <i>raise!</i> Right (left) knee <i>bend!</i> Knee <i>stretch!</i> etc.	
6. $\frac{1}{2}$ -stretch - backward-outward-fallout-stand., change of arms and feet.	Left (right) arm upward, right (left) arm downward, <i>stretch!</i> and right (left) backward-outward fall-out! Arms and feet <i>change!</i> etc.	
7. Rest-fallout-stand. (b), forward-bending of trunk.	Neck firm and left (right) forward fall-out! Trunk forward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
8. Wing-sitting, backward-bending of trunk (to horizontal position) [:].	Hips <i>firm!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
9. Cross (e)-walk (a)-twist-stand., 2 arm-extension upward.	Arms half sideways bend and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Arms upward <i>stretch!</i> Arms <i>bend!</i> etc.	
10. Wing-stand., spring-jump forward.	Hips <i>firm!</i> Heels <i>raise!</i> Spring-jump forward <i>start!</i> <i>Halt!</i> etc.	Compare 2d day's order, 10.
11. Fall-hanging (a), 2 arm-bending.	Fall-hanging position <i>place!</i> Arms <i>bend!</i> Arms <i>stretch!</i>	
12. Wing-stand., free jump sideways with 1 start-step.	Hips <i>firm!</i> <i>Start!</i> etc.	
13. Wing-stand., foot-placing forward, sideways and backward with 2 heel-raising.	Hips <i>firm!</i> <i>Start!</i> etc.	
14. Stand., circumduction of arms with alternate twisting of trunk.	<i>One! two!</i>	

## SIXTH DAY'S ORDER.

### MOVEMENTS.

1. Order movements.
2. Stand., 2 arm-raising sideways-upward with 2 heel-raising and 2 knee-bending.
3. Stretch-stride-bow-stand., 2 heel-raising [:].
4. Stand., 2 arm-extension and alternate arm-extension in various directions.
5. Stretch- $\frac{1}{2}$ -stand. (knee extended backward), sinking of arms sideways downward (slowly).
6. Rest-fallout-stand [b (forward and backward)], change of feet in series.
7. Prone-lying, arm-swimming [:].
8. Stretch-stride-bow-stand., arm-parting.
9. Rest-kneeling, side-twisting of trunk.
10. Garde-stand., march backward.
11. Balance-weighing position.
12. Stand. free jump in the place, 2 by 90°.
13. Wing-walk (a) - toe-stand., knee-bending.
14. Stretch-walk (b)-stand., 2 arm-bending and stretching with change of feet, followed by circumduction of arms.

### COMMAND.

*One! two! three! four! or Start!*

Arms upward stretch and feet sideways place! Trunk backward bend! (Support) Heels raise! etc.

Arms . . . stretch! Left (right) arm . . . , right (left) . . . stretch! Arms change! etc.

Arms upward stretch! Left (right) knee backward stretch! Arms sideways-downward sink! Position! etc.

Neck firm and left (right) forward (backward) fall-out! Change of feet start! Halt! etc.

With sideways flinging of arms, position place! Swimming movement one! two! three! etc.

Arms upward stretch and feet sideways place! Trunk backward bend! Arm-parting one! two! Trunk upward raise! etc.

Neck firm! Kneeling position place! Trunk to left (right) twist! Forward twist! etc.

Garde position place! March backward one! two! etc.

Balance-weighing position place! Position! Start!

Hips firm and left (right) foot outward place! Heels raise! Knees bend! etc.

Arms upward stretch and left (right) foot forward place! Arm-stretching and change of feet one! two! etc. Circumduction of arms one! two! or Start!

### FAULTS.

Compare 1st day's order, 3.

Compare 1st day's order, 10.

Head and chest not poised high enough.

## SEVENTH DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Stretch-walk (a)-toe-stand., 2 knee-bending.
  3. Rest-bow-stand., alternate knee upward-bending [ : ].
  4. Stand., 2 arm-extension and alternate arm-extension in various directions.
  5. Cross (e)- $\frac{1}{4}$ -stand. (leg abducted), 2 arm-extension sideways (slowly).
  6. Bend-stand., fallout forward and backward with arm-extension upward and change of feet.
  7. Wing- $\frac{1}{4}$ -toe-lean-stand., forward-bending of trunk.
  8. Bend-bow-kneeling, 2 arm-extension upward.
  9. Stretch-fallout-stand. (a), side-twisting of trunk.
  10. Garde-stand., march forward.
  11. Bow-hang. (a), 2 arm bending.
  12. High-stand. deep jump with one foot advanced.
  13. Cross (c)-toe-knee-bend-stand., slow march forward.
  14. Cross (c)-fallout (b)-stand., 2 arm-flinging with change of feet.

**COMMAND.**

Arms upward stretch and left (right) foot outward *place!* Heels *raise!* Knees *bend!* etc.

Neck *firm!* Trunk backward *bend!* (Support) Alternate knee upward-bending *one! two! three! four!* etc.

Arms... *stretch!* Left (right) arm... , right (left) arm... *stretch!* Arms *change!* etc.

Arms half sideways *bend!* Left (right) leg sideways *raise!* Arm-extension sideways *one! two!* etc.

Arms upward stretch and left (right) forward (backward) *fall-out!* Arms stretch and feet *change!* etc.

With hips firm, on left (right) foot position *place!* Trunk forward *bend!* Trunk upward *raise!* etc.

Arms upward *bend!* Kneeling position *place!* Trunk backward *bend!* Arms upward *stretch!* etc.

Arms upward stretch and left (right) outward *fall-out!* Trunk to left (right) *twist!* Trunk forward *twist!* etc.

Garde position *place!* March forward *one! two!* etc.

Bow-hanging position *place!* Arms *bend!* Arms *stretch!* etc.

*Start!* (or counting.)

Arms sideways *stretch!* Heels *raise!* Knees *bend!* March forward *one! two!* etc.

Arms forward *bend!* Arms sideways fling and left forward *fall-out!* Arm-flinging and change of feet *one! two!* (or *Start!*) etc.

**FAULTS.**

Compare 1st day's order, 3.

Compare 1st day's order, 10.

Head not poised in the prolonged axis of the trunk; knees not extended.

## EIGHTH DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Cross (e)-toe-stand., 2 knee-bending and 2 arm-extension upward.
  3. Stretch-bow-stand., alternate knee upward-bending [:].
  4. Stand., 2 arm-extension and alternate arm-extension in various directions.
  5. Reach-close-toe stand., 2 arm-raising upward (slowly).
  6.  $\frac{1}{2}$ -stretch-fallout-stand. (a), change of arms and feet.
  7. Stretch-prone-lying, arm-parting [:].
  8. Rest-sitting, backward-bending of trunk (to horizontal position) [:].
  9. Stretch - walk (a) - kneeling, side-twisting of trunk.
  10. Wing-stand., spring-jump with change between feet together and feet sideways.
  11. Balance-weighing, alternate head-twisting.
  12. Stand. free jump in the place, 2 by 180°.
  13. Stand., foot-placing in various directions with heel-raising.
  14. Stretch-walk (b)-bow-stand., arm-parting.

- COMMAND.**
- Arms half sideways *bend!* Heels *raise!*  
Arm-stretching upward and knee-bending *one! two!* etc.
- Arms upward *stretch!* Trunk backward *bend!* (Support) Alternate knee upward-bending *one! two! three! four!* etc.
- Arms... *stretch!* Left (right) arm..., right (left) arm... *stretch!* Arms *change!* etc.
- Arms forward stretch and feet *close!*  
Heels *raise!* Arms upward *raise!* Heels *sink!* Po-sition!
- Left (right) arm upward, right (left) arm downward, *stretch!* and left (right) outward fall-out! Change of arms and feet *start!* *Halt!*
- With upward flinging of arms, position *place!* Arm-parting *one! two!* Po-sition! etc.
- Neck *firm!* Trunk backward *bend!*  
Trunk upward *raise!* etc.
- Arms upward *stretch!* Walk-kneeling position *place!* Trunk to left (right) *twist!* etc.
- Hips *firm!* Heels *raise!* *Start!* *Halt!* etc.
- Balance-weighing position *place!* Alternate head-rotation *one! two! three! four!*  
*Start!*
- Start!* etc.
- Arms upward stretch and left (right) foot forward *place!* Trunk backward *bend!*  
Arm-parting *one! two!* Feet *change!* etc.

**FAULTS.**

Compare 1st day's order, 3.

Compare 2d day's order, 10.

Compare 9th day's order, 11.



## NINTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Cross (a)-toe-deep-knee-bend-stand., 2 arm-flinging sideways.	Arms forward <i>bend!</i> Heels <i>raise!</i> Knees <i>bend!</i> Deep <i>bend!</i> Arms sideways <i>fling!</i> Arm-flinging <i>one! two!</i> etc.	
3. Stretch - bow - stand., 2 heel-raising [·].	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> (Support) Heels <i>raise!</i> Heels <i>sink!</i> etc.	Compare 1st day's order, 8.
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms <i>stretch!</i> Left (right) arm, right (left) arm, <i>stretch!</i> Arms <i>change!</i> etc.	
5. Stretch- $\frac{1}{2}$ -hook-stand., outward moving of knee.	Arms upward <i>stretch!</i> Left (right) knee upward <i>bend!</i> Knee outward <i>move!</i> Forward <i>move!</i> Foot downward <i>place!</i> etc.	
6. $\frac{1}{2}$ - stretch-backward-outward-fallout stand., change of arms and feet.	Left (right) arm upward, right (left) arm downward, <i>stretch!</i> and right backward-outward <i>fall-out!</i> Change of arms and feet <i>start!</i> <i>Halt!</i>	
7. Bend-prone-stride-stand., alternate arm-extension upward.	Arms upward <i>bend</i> and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-extension <i>one! two!</i> etc.	
8. Stretch-sitting, backward-bending of trunk to 45°.	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
9. Bend-stride-twist-stand., 2 arm-extension upward.	Arms upward <i>bend</i> and feet sideways <i>place!</i> Trunk to left (right) <i>twist!</i> Arm-extension upward <i>one! two!</i> etc.	
10. Garde-stand., march backward.	Garde position <i>place!</i> March backward <i>one! two!</i> etc.	Compare 1st day's order, 10.
11. Balance-weighing, backward-bending of head.	Balance-weighing position <i>place!</i> Head backward <i>bend!</i> Head upward <i>raise!</i> etc.	Chest not raised enough.
12. Stand. free jump forward with 1 (2, 3) start-step.	<i>Start!</i>	
13. Stretch-close-stand., 2 heel-raising.	Arms upward <i>stretch</i> and feet <i>close!</i> Heels <i>raise!</i> Heels <i>sink!</i> etc.	
14. Stand., 2 circumduction of arms with backward-bending and upward-raising of trunk.	<i>One! two! (or Start!)</i>	

## TENTH DAY'S ORDER.

### MOVEMENTS.

1. Order movements.
2. Stretch - stride - toe - stand., 2 deep knee-bending.
3. Rest-bow-stand., alternate leg upward-bending [:].
4. Stand., 2 arm-extension and alternate arm-extension in various directions.
5. Stretch- $\frac{1}{2}$ -hook-stand., outward-moving and extension of knee.
6.  $\frac{1}{2}$ -stretch - outward - fallout - stand., arm-stretching and advance outward with after-step.
7. Stretch-fallout-stand. (b), forward-bending of trunk.
8. Cross (e)-bow-kneeling, 2 arm-extension sideways.
9. Stretch - walk (a)-twist-stand., arm-parting.
10. Garde-stand., double march forward.
11. Fall-hanging (b), alternate head-twisting.
12. Stand., saddle-jump (over chairs).
13. Rest-walk (a)-toe-stand., 2 knee-bending.
14. Reach-prone-stand., 2 arm-flinging upward.

### COMMAND.

Arms upward stretch and feet sideways *place!* Heels *raise!* Knees *bend!* Deep *bend!* etc.  
 Neck *firm!* Trunk backward *bend!* (Support) Alternate upward bending of leg *one! two! three! four!* etc.  
 Arms . . . *stretch!* Left (right) arm . . . , right (left) arm . . . *stretch!* Arms *change!* etc.  
 Arms upward *stretch!* Left (right) knee upward *bend!* Knee outward *move!* Knee *stretch!* Knee *bend!* Knee forward *move!* etc.  
 Left (right) arm upward, right (left) arm backward, stretch and left (right) outward *fall-out!* With after-step and arm-stretching, outward *fall-out!* etc.  
 Arms upward stretch and left (right) forward *fall-out!* Trunk forward *bend!* Upward *raise!* etc.  
 Arms half sideways *bend!* Kneeling position *place!* Trunk backward *bend!* Arm-extension sideways *one! two!* Trunk upward *raise!* etc.  
 Arms upward stretch and left (right) foot outward *place!* Trunk to left (right) *twist!* Arm-parting *one! two!* etc.  
 Garde position *place!* Double march forward *one! two!* etc.  
 Fall-hanging position *place!* Arms *bend!* Alternate head - rotation *one! two! three! four!* etc.  
*Start!*  
 Neck firm and left (right) foot outward *place!* Heels *raise!* Knees *bend!* etc.  
 Arms forward *stretch!* Trunk forward *bend!* Arm-flinging upward *one! two!* etc.

### FAULTS.

Compare 1st day's order, 3.

Compare 1st day's order, 10.

Head not kept up in the prolonged axis of the trunk; chest not raised enough; hips or knees flexed.  
 Poise of head and chest uncertain.

# ELEVENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Cross-(d) toe-stand., 2 arm-raising and deep knee-bending.	With palms up, arms sideways <i>stretch!</i> Heels <i>raise!</i> Arm-raising and deep knee-bending <i>one! two!</i> etc.	
3. Stretch-bow-stand., alternate knee upward-bending [:].	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> (Support) Alternate upward-bending of knee <i>one! two! three! four!</i> etc.	Compare 1st day's order, 3.
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch</i> Arms <i>change!</i> etc.	
5. †stand. (leg abducted), 2 arm-circumduction (slowly).	Left (right) leg sideways <i>raise!</i> Circumduction of arms, <i>start!</i> Foot downward <i>place!</i> etc.	
6. †stretch-fallout-stand. (s), change of arms and feet.	Left (right) arm upward, right (left) arm downward, <i>stretch!</i> and left (right) outward fall-out! Change of arms and feet <i>start!</i> etc.	
7. Cross (d)-prone-stand., alternate arm-flinging upward.	With palms up, arms sideways <i>stretch!</i> Trunk forward <i>bend!</i> Arm-flinging upward alternately <i>one! two!</i> etc.	
8. Prone-falling position.	Prone-falling position <i>place!</i> Po-sition!	Head not poised high enough; chest not raised; hips or knees flexed.
9. Rest-walk (a)-twist-stand., backward-bending of trunk.	Neck firm and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk backward <i>bend!</i> etc.	
10. Wing-stand., spring-jump with change between feet together and feet sideways.	Hips <i>firm!</i> Heels <i>raise!</i> <i>Start!</i> <i>Halt!</i> etc.	Compare 2d day's order, 10.
11. Bow-hanging (b), alternate head-twisting.	Bow-hanging position <i>place!</i> Arms <i>bend!</i> Alternate head-rotation <i>one! two! three! four!</i> <i>Start!</i>	Compare 7th day's order, 11.
12. Stand. free jump forward with 1 (2, 3) start-step and facing 90°.		
13. Rest-stand., foot-placing forward, sideways and backward with 2 heel-raising.	Neck <i>firm!</i> <i>Start!</i>	
14. Cross (a)-stride-twist-stand., 2 arm-flinging sideways.	Arms forward <i>bend</i> and feet sideways <i>place!</i> Trunk to left (right) <i>twist!</i> Arm-flinging <i>one! two!</i>	

## TWELFTH DAY'S ORDER.

### MOVEMENTS.

### COMMAND.

### FAULTS.

1. Order movements.
2. Stretch-walk (a)-toe-stand., 2 knee-bending.
3. Stretch-bow-stand., 2 heel-raising [:].
4. Stand., 2 arm-extension and alternate arm-extension in various directions.
5. Stretch-toe-stand., alternate knee upward-bending in march-time.
6.  $\frac{1}{2}$ -stretch-fallout (a)-stand., change of arms and feet with advance in zigzag.
7. Rest-prone- $\frac{1}{2}$ -toe-lean-stand., forward-bending of trunk.
8. Stretch- $\frac{1}{2}$ -kneeling, backward-bending of trunk.
9. Stretch-stride-twist-stand., backward-bending of trunk.
10. Garde-stand., double march backward.
11. Fall-hanging, 2 arm-bending and stretching.
12. Stand. free jump with sideways flinging of arms and legs.
13. Cross (c)-toe-stand., slow march backward.
14. Stand., 2 arm-raising sideways-upward with 2 heel-raising and 2 knee-bending.

Arms upward stretch and left (right) foot outward *place!* Heels *raise!* Knees *bend!* etc.

Arms upward *stretch!* Trunk backward *bend!* (Support) Heels *raise!* etc.

Arms . . . *stretch!* Left (right) arm . . . , right (left) arm . . . *stretch!* Arms *change!* etc.

Arms upward *stretch!* Heels *raise!* Alternate knee upward-bending in march-time, *start!* etc.

Left (right) arm upward, right (left) arm downward, *stretch!* and left (right) outward fall-out! Change and advance in zigzag *start!* etc.

With neck firm, on left (right) foot position *place!* Trunk forward *bend!* Trunk upward *raise!* etc.

Arms upward *stretch!* Half-kneeling position *place!* Trunk backward *bend!* Trunk upward *raise!* etc.

Arms upward stretch and feet sideways *place!* Trunk to left *twist!* Trunk backward *bend!* Trunk upward *raise!* etc.

Garde position *place!* Double march backward *one! two!* etc.

Fall-hanging position *place!* Arms *bend!* Arms *stretch!* etc.

*Start!*

Arms sideways *stretch!* Heels *raise!* Slow march backward *one! two!* etc.

*Start!*

Compare 1st day's order, 3.

Compare 1st day's order, 10.

Compare 10th day's order, 11.

## THIRTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Rest-stand., foot-placing forward, sideways and backward with 2 heel-raising and 2 knee-bending in series.	Neck <i>firm!</i> <i>Start!</i> etc.	
3. Stretch-bow-stand., alternate upward-bending of leg [:].	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Left (right) leg upward <i>bend!</i> Downward <i>sink!</i> etc.	Compare 1st day's order, 3.
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch!</i> Arms <i>change!</i> etc.	
5. Cross (c)- $\frac{1}{2}$ -stand., heel-raising (leg backward).	Arms sideways <i>stretch!</i> Left (right) knee backward <i>stretch!</i> Right (left) heel <i>raise!</i> Po-sition! etc.	
6. $\frac{1}{2}$ - stretch - stand-fallout - backward-outward, with change of arms and feet.	Left (right) arm upward, right (left) arm downward <i>stretch</i> and right (left) backward-outward fall-out! Arms and feet <i>change!</i> etc.	
7. Prone-stride-stand., arm-swimming.	Feet sideways <i>place!</i> Trunk forward <i>bend!</i> Swimming movement <i>one!</i> <i>two!</i> <i>three!</i> etc.	
8. Stretch-lying, raising and slow sinking of legs.	Stretch-lying position <i>place!</i> Legs upward <i>raise!</i> Downward <i>sink!</i> Po-sition! etc.	
9. $\frac{1}{2}$ -wing-side-falling position.	On left (right) arm position <i>place!</i> etc.	Body not kept straight; head and chest not correctly poised.
10. Garde-stand., double march forward.	Garde position <i>place!</i> Double march forward <i>one!</i> <i>two!</i> etc.	Compare 13th day's order, 10.
11. Bow-hanging, 2 arm-bending and stretching.	Bow-hanging position <i>place!</i> Arms <i>bend!</i> Arms <i>stretch!</i> etc.	Compare 7th day's order, 11.
12. Stand. free jump in the place with facing 360°.	<i>Start!</i>	
13. Stretch-stand., 2 heel-raising and 2 knee-bending.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> Knees <i>stretch!</i> etc.	
14. Cross (a)-toe-stand., 2 arm-flinging sideways.	Arms forward <i>bend!</i> Heels <i>raise!</i> Arms sideways <i>fling!</i> Repeat <i>one!</i> <i>two!</i> etc.	

## FOURTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Cross (e)-stride-toe-stand., 2 knee-bending.	Arms half sideways bend and feet sideways <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
3. Rest-bow-stand., alternate knee upward-bending and stretching [:].	Neck <i>firm!</i> Trunk backward <i>bend!</i> (Support) Left (right) knee upward <i>bend!</i> Knee <i>stretch!</i> Knee <i>bend!</i> Foot downward <i>place!</i> etc.	Compare 1st day's order, 8.
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch!</i> Arms <i>change!</i> etc.	
5. Stretch-stand., alternate knee upward-bending, slow time with quick changes.	Arms upward <i>stretch!</i> Left (right) knee upward <i>bend!</i> Change of feet <i>one!</i> <i>two!</i> etc.	
6. $\frac{1}{2}$ -stretch-stand., fallout-backward-outward, with after-step.	Left (right) arm upward, right (left) arm downward, stretch and right (left) backward-outward <i>fall-out!</i> Repeat with after-step <i>one!</i> <i>two!</i>	
7. Stretch- $\frac{1}{2}$ -toe-lean-stand., arm-parting.	With upward flinging of arms, on left (right) foot position <i>place!</i> Arm-parting <i>one!</i> <i>two!</i> <i>Position!</i>	
8. Cross (e)-bow- $\frac{1}{2}$ -kneeling, 2 arm-extension upward (slowly).	Arms half sideways <i>bend!</i> Half-kneeling position <i>place!</i> Trunk backward <i>bend!</i> Arms upward <i>stretch!</i> etc.	
9. Stretch-stride-twist-stand., side-bending of trunk.	Arms upward stretch and feet sideways <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk to left (right) <i>bend!</i> etc.	
10. Wing-stand., spring-jump with alternate rest-stride position.	Hips <i>firm!</i> <i>Start!</i> <i>Halt!</i> etc.	Compare 1st day's order, 3.
11. Prone-falling position.	Prone-falling position <i>place!</i> <i>Position!</i>	Compare 11th day's order, 8.
12. High-stand. deep jump (feet together).	<i>Start!</i>	
13. Stand., preparation for jump in series.	<i>Start!</i>	
14. Stretch-fallout (a)-twist-stand., 2 arm-parting.	Arms upward stretch and left (right) outward <i>fall-out!</i> Trunk to left (right) <i>twist!</i> Arm-parting <i>one!</i> <i>two!</i> etc.	

## FIFTEENTH DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Bend-toe-deep-knee-bend-stand., 2 arm-extension sideways.
  3. Stretch-bow-stand., alternate knee upward-bending [:].
  4. Stand., 2 arm-extension and alternate arm-extension in various directions.
  5. Cross (e)- $\frac{1}{2}$ -stand. (knee extended backward), 2 arm-extension upward (slowly).
  6.  $\frac{1}{2}$ -stretch-fallout (a)-stand., change of arms and feet with regress in zigzag.
  7. Cross (b)-prone-stride-stand., alternate arm-rotation [to cross (e)].
  8. Prone-falling, alternate head-twisting.
  9. Wing-fallout (a)-twist-stand., side-bending of trunk.
  10. Guarde-stand., double march backward.
  11. Change between fall and bow-hanging position.
  12. High-stand. deep jump with one foot advanced.
  13. Stretch-stride-stand., 2 heel-raising.
  14. Cross (a)-toe-knee-bend-stand., 2 arm-flinging sideways.

**COMMAND.**

Arms upward *bend!* Heels *raise!* Knees *bend!* Deep *bend!* Arms sideways *stretch!* etc.

Arms upward *stretch!* Trunk backward *bend!* (Support) Alternate knee upward-bending *one! two! three! four!* etc.

Arms . . . *stretch!* Left (right) arm . . . , right (left) arm . . . *stretch!* Arms *change!* etc.

Arms half sideways *bend!* Left (right) knee backward *stretch!* Arms upward *stretch!* Po-sition! etc.

Left (right) arm upward, right (left) arm downward *stretch* and right (left) backward-outward *fall-out!* Change with regress in zigzag *start!* etc.

Arms half forward bend and feet sideways *place!* Trunk forward *bend!* Alternate arm-rotation *one! two!* etc.

Prone-falling position *place!* Alternate head-rotation *one! two!* etc.

Hips firm and left (right) outward *fall-out!* Trunk to right (left) *twist!* Trunk to left (right) *bend!* Po-sition!

Guarde position *place!* Double march backward *one! two!* etc.

Fall-hanging position *place!* Change to bow-hanging *one! two!* etc. *Start!*

Arms upward stretch and feet sideways *place!* Heels *raise!* Heels *sink!* etc.

Arms forward *bend!* Heels *raise!* Knees *bend!* Arms sideways *fling!* etc.

**FAULTS.**

Compare 1st day's order, 3.

Compare 11th day's order, 8.

Compare 1st day's order, 10.

Compare 7th day's order, 11, and 10th day's order, 11.

## SIXTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.	<i>Start!</i>	
2. Stand., 2 arm-raising sideways-upward with 2 heel-raising and deep knee-bending.	Neck <i>firm!</i> Trunk backward <i>bend!</i> (Support) Alternate knee upward-bending <i>one! two!</i> etc.	
3. Rest-bow-stand., alternate knee upward-bending (slow time and quick changes)[:].	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch!</i> Arms <i>change!</i> etc.	
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms upward <i>stretch!</i> Heels <i>raise!</i> March forward (backward) <i>one! two!</i> etc.	
5. Stretch-toe-stand., slow march forward and backward.	Left (right) arm upward, right (left) arm downward stretch and left (right) outward <i>fall-out!</i> Change with facing <i>start!</i> etc.	
6. $\frac{1}{2}$ -stretch-fallout (a)-stand., change of arms and feet and facing 90°.	With upward flinging of arms, on left foot position <i>place!</i> Trunk forward <i>bend!</i> Trunk upward <i>raise!</i> etc.	
7. Stretch- $\frac{1}{2}$ toe-lean-stand., forward-bending of trunk.	Prone-falling position <i>place!</i> Alternate arm-raising <i>one! two! three! four!</i> <i>Position!</i> etc.	
8. Prone-falling, alternate arm-raising.	Arms upward stretch and left (right) foot outward <i>place!</i> Trunk to left (right) <i>twist!</i> Trunk backward <i>bend!</i> Arm-parting <i>one! two!</i> etc.	
9. Stretch-walk (a)-twist-bow-stand., arm-parting.	Guarde position <i>place!</i> Change <i>garde one! two!</i> etc.	
10. Stand., change of garde in the place.	Balance-weighing position <i>place!</i> Arms <i>bend!</i> Arms <i>stretch!</i> etc.	
11. Balance-weighing, 2 arm-bending and stretching.	<i>Start!</i>	
12. Stand. free jump with facing 360°.	Hips <i>firm!</i> Heels <i>raise!</i> Knees <i>bend!</i> Slow march forward <i>one! two!</i> etc.	
13. Wing-toe-knee-bend-stand., slow march forward.	Arms forward <i>bend!</i> Trunk to left (right) <i>twist!</i> Arms sideways fling and left (right) outward <i>fall-out!</i> Arm-flinging and change of feet <i>one! two!</i> Arm-circumduction <i>one! two!</i> etc.	
14. Cross (a)-twist-stand., fallout outward with 2 arm-flinging, followed by 2 arm-circumduction.		



## SEVENTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stretch-stand., foot-placing outward and backward-outward with 2 heel-raising and 2 knee-bending in series.	Arms upward <i>stretch!</i> <i>Start!</i> etc.	
3. Stretch-bow-stand., alternate knee upward-bending and stretching [:].	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> (Support) <i>One! two! three! four!</i> etc.	
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch!</i> Arms <i>change!</i> etc.	
5. Wing- $\frac{1}{2}$ -stand. (leg sideways), raising of heel.	Hips <i>firm!</i> Left (right) leg sideways <i>raise!</i> Right (left) heel <i>raise!</i> Heel <i>sink!</i> <i>Position!</i> etc.	
6. $\frac{1}{2}$ -stretch-outward-fallout (a)-stand., arm-extension with advance outward by after-step.	Left (right) arm upward, right (left) arm downward <i>stretch</i> and left (right) outward <i>fall-out!</i> Arm-stretching and after-step <i>start!</i> etc.	
7. Bend-prone-stride-stand., alternate arm-extension upward.	Arms upward <i>bend</i> and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-extension upward <i>one! two!</i> etc.	
8. Bend-fall-sitting, 2 arm-extension [:].	Arms upward <i>bend!</i> Trunk backward <i>bend!</i> Arms upward <i>stretch!</i> Arms <i>bend!</i> etc.	
9. $\frac{1}{2}$ -rest-side-falling position.	Prone-falling and on left (right) hand half-rest-side-falling position <i>place!</i> About <i>face!</i> <i>Position!</i>	
10. Wing-toe- $\frac{1}{2}$ -stand., spring-jump with alternate sideways-flinging of leg.	Hips <i>firm!</i> Left (right) leg sideways <i>raise!</i> Right (left) heel <i>raise!</i> Spring-jump <i>start!</i> etc.	
11. Balance-weighing, flexion and extension of feet.	Balance-weighing position <i>place!</i> Flexion and extension of feet <i>one! two!</i> <i>Position!</i>	
12. Stand. free jump forward with 1-3 start-steps and facing 180°.	<i>Start!</i>	
13. Rest-walk (a)-toe-stand., knee-bending.	Neck firm and left (right) foot outward <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
14. Stretch-fallout (b)-stand., arm-parting.	Arms upward <i>stretch</i> and left (right) forward <i>fall-out!</i> Arm-parting <i>one! two!</i> etc.	

## EIGHTEENTH DAY'S ORDER.

### MOVEMENTS.

1. Order movements.
2. Bend-toe-stand., 2 arm-extension upward with 2 deep knee-bending.
3. Stretch-bow-stand., alternate upward-bending of leg [:].
4. Stand., 2 arm-extension and alternate arm-extension in various directions.
5. Rest- $\frac{1}{2}$ -stand. (leg backward), raising of heel.
6.  $\frac{1}{2}$ -stretch-fallout(a)-stand., change of arms and feet with advance in zigzag.
7. Stretch- $\frac{1}{2}$ -toe-lean-stand., forward-bending of trunk.
8. Rest- $\frac{1}{2}$ -stand., backward-bending of trunk [:].
9. Cross (c)-stride-stand., quick trunk-rotation.
10. Garde-stand., change of garde in the place.
11. Balance-weighing, 2 arm-bending and stretching.
12. High-stand. deep jump with one foot advanced and facing 90°.
13. Cross (c)-toe-knee-bend-stand., slow march forward.
14. Stretch-walk (b)-stand., 2 arm-bending and stretching with change of feet, followed by circumduction of arms.

### COMMAND.

Arms upward *bend!* Heels *raise!* Arm-extension upward and deep knee-bending *one! two!* etc.

Arms upward *stretch!* Trunk backward *bend!* (Support) Alternate upward bending of leg *one! two! three! four!* etc.

Arms . . . *stretch!* Left (right) arm . . . , right (left) arm . . . *stretch!* Arms *change!* etc.

Neck *firm!* Left (right) knee backward *stretch!* Right (left) heel *raise!* Position! etc.

Left (right) arm upward, right (left) arm downward, *stretch!* and left (right) outward fall-out! Change and advance in zigzag *start!* etc.

With upward flinging of arms, on left (right) foot position *place!* Trunk forward *bend!* Trunk upward *raise!* etc.

Left (right) foot support *place!* Neck *firm!* Trunk backward *bend!* Trunk upward *raise!* Feet *change!* etc.

Arms sideways *stretch!* and feet sideways *place!* Quick trunk-rotation *one! two!* etc.

Left (right) garde position *'place!* Change garde *one! two!* etc.

Balance-weighing position *place!* Arms *bend!* Arms *stretch!* etc.

*Start!*

Arms sideways *stretch!* Heels *raise!* Knees *bend!* March forward *one! two!* etc.

Arms upward *stretch!* and left (right) foot forward *place!* Arm-stretching and change of feet *one! two!* etc. Circumduction of arms *one! two!*

### FAULTS.

## SEVENTEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.
1. Order movements.	
2. Stretch-stand., foot-placing outward and backward-outward with 2 heel-raising and 2 knee-bending in series.	Arms upward <i>stretch!</i> <i>Start!</i> etc.
3. Stretch-bow-stand., alternate knee upward-bending and stretching [:].	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> (Support) <i>One! two! three! four!</i> etc.
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch!</i> Arms <i>change!</i> etc.
5. Wing- $\frac{1}{2}$ -stand. (leg sideways), raising of heel.	Hips <i>firm!</i> Left (right) leg sideways <i>raise!</i> Right (left) heel <i>raise!</i> Heel <i>sink!</i> <i>Position!</i> etc.
6. $\frac{1}{2}$ -stretch-outward-fallout (a)-stand., arm-extension with advance outward by after-step.	Left (right) arm upward, right (left) arm downward <i>stretch</i> and left (right) outward <i>fall-out!</i> Arm-stretching and after-step <i>start!</i> etc.
7. Bend-prone-stride-stand., alternate arm-extension upward.	Arms upward <i>bend</i> and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-extension upward <i>one! two!</i> etc.
8. Bend-fall-sitting, 2 arm-extension [:].	Arms upward <i>bend!</i> Trunk backward <i>bend!</i> Arms upward <i>stretch!</i> Arms <i>bend!</i> etc.
9. $\frac{1}{2}$ -rest-side-falling position.	Prone-falling and on left (right) hand half-rest-side-falling position <i>place!</i> About <i>face!</i> <i>Position!</i>
10. Wing-toe- $\frac{1}{2}$ -stand., spring-jump with alternate sideways-flinging of leg.	Hips <i>firm!</i> Left (right) leg sideways <i>raise!</i> Right (left) heel <i>raise!</i> Spring-jump <i>start!</i> etc.
11. Balance-weighing, flexion and extension of feet.	Balance-weighing position <i>place!</i> Flexion and extension of feet <i>one! two!</i> <i>Position!</i>
12. Stand. free jump forward with 1-3 start-steps and facing 180°.	<i>Start!</i>
13. Rest-walk (a)-toe-stand., knee-bending.	Neck firm and left (right) foot outward <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.
14. Stretch-fallout (b)-stand., arm-parting.	Arms upward <i>stretch</i> and left (right) forward <i>fall-out!</i> Arm-parting <i>one! two!</i> etc.

### FAULTS.

## EIGHTEENTH DAY'S ORDER.

### MOVEMENTS.

1. Order movements.
2. Bend-toe-stand., 2 arm-extension upward with 2 deep knee-bending.
3. Stretch-bow-stand., alternate upward-bending of leg [:].
4. Stand., 2 arm-extension and alternate arm-extension in various directions.
5. Rest- $\frac{1}{2}$ -stand. (leg backward), raising of heel.
6.  $\frac{1}{2}$ -stretch-fallout (a)-stand., change of arms and feet with advance in zigzag.
7. Stretch- $\frac{1}{2}$ -toe-lean-stand., forward-bending of trunk.
8. Rest- $\frac{1}{2}$ -stand., backward-bending of trunk [:].
9. Cross (c)-stride-stand., quick trunk-rotation.
10. Garde-stand., change of garde in the place.
11. Balance-weighing, 2 arm-bending and stretching.
12. High-stand. deep jump with one foot advanced and facing 90°.
13. Cross (c)-toe-knee-bend-stand., slow march forward.
14. Stretch-walk (b)-stand., 2 arm-bending and stretching with change of feet, followed by circumduction of arms.

### COMMAND.

Arms upward *bend!* Heels *raise!* Arm-extension upward and deep knee-bending *one! two!* etc.

Arms upward *stretch!* Trunk backward *bend!* (Support) Alternate upward bending of leg *one! two! three! four!* etc.

Arms . . . *stretch!* Left (right) arm . . . , right (left) arm . . . *stretch!* Arms *change!* etc.

Neck *firm!* Left (right) knee backward *stretch!* Right (left) heel *raise!* Position! etc.

Left (right) arm upward, right (left) arm downward, *stretch!* and left (right) outward fall-out! Change and advance in zigzag *start!* etc.

With upward flinging of arms, on left (right) foot position *place!* Trunk forward *bend!* Trunk upward *raise!* etc.

Left (right) foot support *place!* Neck *firm!* Trunk backward *bend!* Trunk upward *raise!* Feet *change!* etc.

Arms sideways *stretch* and feet sideways *place!* Quick trunk-rotation *one! two!* etc.

Left (right) garde position *'place!* Change garde *one! two!* etc.

Balance-weighing position *place!* Arms *bend!* Arms *stretch!* etc.

*Start!*

Arms sideways *stretch!* Heels *raise!* Knees *bend!* March forward *one! two!* etc.

Arms upward *stretch* and left (right) foot forward *place!* Arm-stretching and change of feet *one! two!* etc. Circumduction of arms *one! two!*

### FAULTS.

## NINETEENTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Reach- $\frac{1}{2}$ -stand., knee-bending.	Arms and left (right) foot forward <i>raise!</i> Right (left) knee <i>bend!</i> Knee <i>stretch!</i> etc.	
3. Rest - bow - stand., alternate knee upward-bending (slow time and quick changes) [:].	Neck <i>firm!</i> Trunk backward <i>bend!</i> (Support) Left (right) knee upward <i>bend!</i> Change <i>one! two!</i> etc.	
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left), <i>stretch!</i> Arms <i>change!</i> etc.	
5. Wing- $\frac{1}{2}$ -horizontal-stand. position.	With hips firm, position <i>place!</i> Po-sition!	
6. $\frac{1}{2}$ -stretch-backward-outward-fallout-stand., arm-extension with after-step.	Left (right) arm upward, right (left) arm downward, <i>stretch!</i> and right (left) backward-outward fall-out! Arm-stretching and after-step <i>one! two!</i> etc.	
7. Cross (b)-prone-stride-stand, alternate arm-rotation [to cross (e)].	Arms half forward bend and feet sideways <i>place!</i> Trunk forward <i>bend!</i> Alternate arm-rotation <i>one! two!</i> etc.	
8. Prone-falling, foot-placing sideways.	Prone-falling position <i>place!</i> Feet sideways <i>place!</i> Feet together <i>place!</i> etc.	
9. Rest-fallout (a)-twist-stand., side-bending of trunk.	Neck firm and left (right) outward fall-out! Trunk to right <i>twist!</i> Trunk to left (right) <i>bend!</i> etc.	
10. Garde-stand., change of garde forward.	Garde position <i>place!</i> Change garde forward <i>one! two!</i> etc.	
11. Balance-weighing, 2 arm-bending.	Balance-weighing position <i>place!</i> Arms <i>bend!</i> Arms <i>stretch!</i> etc.	
12. Saddle-jump (over chairs).	<i>Start!</i>	
13. Rest-stride-stand., 2 heel-raising and 2 knee-bending in series.	Neck firm and feet sideways <i>place!</i> <i>Start!</i> etc.	
14. Stand., circumduction of arms with alternate twisting of trunk.	<i>Start!</i>	

## TWENTIETH DAY'S ORDER.

### MOVEMENTS.

1. Order movements.
2. Cross (d)-stride-toe-stand., 2 arm-raising and 2 deep knee-bending.
3. Stretch-bow-stand., alternate knee upward-bending and stretching [:].
4. Stand., 2 arm-extension and alternate arm-extension in various directions.
5. Stretch-stand., alternate knee upward-bending and stretching with slow advance forward.
6.  $\frac{1}{2}$ -stretch-backward-outward-fall-out-stand., change of arms and feet with regress in zigzag.
7. Stretch-horizontal- $\frac{1}{2}$ -toe-lean-stand., arm-parting.
8. Prone-falling, upward-pulling of feet (with bent knees).
9. Cross (d)-walk (a)-twist-bow-stand., 2 arm-raising upward.
10. Wing-walk (b)-stand., spring-jump with change of feet.
11. Fall-hanging (b), alternate head-twisting.
12. Stand. free jump sideways with 1 start-step.
13. Stretch-toe-stand., slow march forward.
14. Stretch-walk (b)-bow-stand., 2 arm-bending and stretching with change of feet, followed by circumduction of arms.

### COMMAND.

With palms up, arms sideways stretch and feet sideways *place!* Heels *raise!* Arm-raising and knee-bending *one!* *two!* etc.

Arms upward *stretch!* Trunk backward *bend!* (Support) *One! two! three! four!* etc.

Arms . . . *stretch!* Left (right) arm . . . , right (left) arm . . . *stretch!* Arms *change!* etc.

Arms upward *stretch!* With upward-bending and stretching of knee, slow march forward *one! two! three!* etc.

Left (right) arm upward, right (left) arm downward, *stretch!* and right (left) backward-outward fall-out! Change of arms and regress in zigzag *one! two!* etc.

With upward flinging of arms, on left (right) foot prone- $\frac{1}{2}$ -toe-lean-standing position *place!* Trunk forward *bend!* Arm-parting *one! two!* etc.

Prone-falling position *place!* *One! two!* etc.

With palms up, arms sideways stretch and left (right) foot outward *place!* Trunk to left (right) *twist!* Trunk backward *bend!* Arm-raising *one! two!* etc.

Hips firm and left (right) foot forward *place!* Heels *raise!* Spring-jump and change of feet, *start!* etc.

Fall hanging position *place!* Arms *bend!* Alternate head - twisting *one! two! three! four!* etc.  
*Start!*

Arms upward *stretch!* Heels *raise!* Slow march forward *one! two!* etc.

Arms upward stretch and left (right) foot forward *place!* Trunk backward *bend!* Arm-stretching and change of feet *one! two!* etc. Circumduction of arms, *start!* etc.

### FAULTS.

## TWENTY-FIRST DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Reach- $\frac{1}{2}$ -stand., deep knee-bending.	Arms and left (right) leg forward <i>raise!</i> Right (left) knee deep <i>bend!</i> Knee <i>stretch!</i> etc.	
3. Stretch-bow-stand., alternate knee upward-bending (slow time and quick changes) [:].	Arms upward <i>stretch!</i> Trunk back- ward <i>bend!</i> (Support) Left (right) knee upward <i>bend!</i> Change <i>one! two!</i> etc.	
4. Stand., 2 arm-extension and alter- nate arm-extension in various di- rections.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch!</i> Arms <i>change!</i> etc.	
5. Rest-horizontal- $\frac{1}{2}$ -stand. position.	With neck firm, on left (right) foot posi- tion <i>place!</i> <i>Position!</i>	
6. $\frac{1}{2}$ -stretch-fallout (a)-stand., change of arms and feet with facing 90°.	Left (right) arm upward, right (left) arm downward, <i>stretch!</i> and left (right) out- ward fall-out! Change with facing to left (right) <i>start!</i> etc.	
7. Cross (c)-horizontal- $\frac{1}{2}$ -toe-lean-stand., slow arm-extension upward.	With arms half sideways bent, on left (right) foot position <i>place!</i> Trunk for- ward <i>bend!</i> Arms slowly upward <i>stretch!</i> Trunk upward <i>raise!</i> etc.	
8. Stretch-fall-sitting, arm-parting [:].	(Sitting: feet supported) Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> Arm- parting <i>one! two!</i> Trunk upward <i>raise!</i> etc.	
9. $\frac{1}{2}$ -rest-side-falling, leg-parting.	Prone-falling and on left (right) hand half-rest-side-falling position <i>place!</i> Leg-parting <i>one! two!</i> etc.	
10. Garde-stand., change of garde backward.	Garde position <i>place!</i> Change garde backward <i>one! two!</i> etc.	
11. Fall-hanging (b), alternate head- twisting.	Fall-hanging position <i>place!</i> Arms <i>bend!</i> Alternate head-twisting <i>one! two!</i> etc.	
12. Stand. free jump with facing 90°.	<i>Start!</i>	
13. Wing-stand., foot-placing forward and backward with 2 heel-raising and 2 knee-bending.	Hips <i>firm!</i> <i>Start!</i> etc.	
14. Stand., circumduction of arms with backward bending of trunk.	<i>Start!</i> or <i>One! two!</i>	

## TWENTY-SECOND DAY'S ORDER.

- MOVEMENTS.**
1. Order movements.
  2. Bend-toe-stride-deep-knee-bend-stand., 2 arm-extension in various directions.
  3. Stretch-bow-stand., alternate knee-upward-bending and stretching [:].
  4. Stand., 2 arm-extension and alternate arm-extension in various directions.
  5. Stretch- $\frac{1}{2}$ -stand. (leg sideways), raising of heel.
  6.  $\frac{1}{2}$ -stretch-fallout (a)-stand., change of feet with arm-extension and facing 180°.
  7. Horizontal- $\frac{1}{2}$ -toe-lean-stand., arm-swimming.
  8. Prone-falling, forward - pulling of feet with extended knees.
  9. Bend-stride-twist-bow-stand., 2 arm-extension upward.
  10. Cross (c)- $\frac{1}{2}$ -stand., spring-jump forward.
  11. Balance-weighing, swimming movements with legs.
  12. Stand. free jump with facing 2 by 180°.
  13. Stretch-stride-stand., 2 heel-raising and 2 knee-bending.
  14. Cross (a)-twist stand., fallout outward with 2 arm-flinging sideways, followed by circumduction of arms.

**COMMAND.**

Arms upward bend and feet sideways *place!* Heels *raise!* Knees *bend!* Deep *bend!* Arms *stretch!* etc.

Arms upward *stretch!* Trunk backward *bend!* (Support) *One! two! three! four!* etc.

Arms . . . *stretch!* Left (right) arm . . . , right (left) arm . . . *stretch!* Arms *change!* etc.

Arms upward *stretch!* Left (right) leg sideways *raise!* Right (left) heel *raise!* Heel *sink!* Po-sition! etc.

Left (right) arm upward, right (left) arm downward, *stretch!* and left (right) outward fall-out! Arm-extension and facing right (left) about *start!* etc.

On left (right) foot position *place!* Trunk forward *bend!* Swimming movement *one! two! three!* etc.

Prone-falling position *place!* *One! two!* etc.

Arms upward bend and feet sideways *place!* Trunk to left (right) *twist!* Trunk backward *bend!* Arms upward *stretch!* Arms *bend!* etc.

Arms sideways *stretch!* Left (right) leg forward *raise!* Right (left) heel *raise!* Spring-jump forward *start!* etc.

Balance-weighing position *place!* Swimming movements *one! two! three!* *Start!*

Arms upward stretch and feet sideways *place!* Heels *raise!* Knees *bend!* etc.

Arms forward *bend!* Trunk to left (right) *twist!* Arms sideways fling and left (right) outward fall-out! Arm-flinging, change of feet, and twisting of trunk, *start!* etc. Circumduction of arms, *start!*

**FAULTS.**



## TWENTY-THIRD DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Reach - $\frac{1}{2}$ - stand., deep knee-bending.	Arms and left (right) leg forward <i>raise!</i> Right (left) knee deep <i>bend!</i> etc.	
3. Stretch - bow - stand., alternate upward-bending of leg [:].	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> (Support) Alternate upward-bending of leg <i>one! two! three! four!</i> etc.	
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch!</i> Arms <i>change!</i> etc.	
5. Stretch - horizontal - $\frac{1}{2}$ - stand. position.	With upward flinging of arms, on left (right) foot position <i>place!</i> etc.	
6. $\frac{1}{2}$ - stretch-fallout (a) - stand., advance by after-step.	Left (right) arm upward, right (left) arm downward, <i>stretch!</i> and left (right) outward fall-out! Arm-extension with after-step <i>start!</i> etc.	
7. Stretch-horizontal - $\frac{1}{2}$ - toe-lean-stand. position.	With upward flinging of arms, on left (right) foot prone - $\frac{1}{2}$ - toe-lean-standing position <i>place!</i> Trunk forward <i>bend!</i> etc.	
8. Cross (e) - fall - $\frac{1}{2}$ - stand., slow 2 arm-extension upward (foot supported).	( $\frac{1}{2}$ - stand.: foot supported) Arms half sideways <i>bend!</i> Trunk backward <i>bend!</i> Arms upward <i>stretch!</i> etc.	
9. Stretch-stride-stand., quick trunk-bending.	Arms upward stretch and feet sideways <i>place!</i> Quick side-bending of trunk <i>one! two!</i> etc.	
10. Garde-stand., double march-step forward with change of garde.	Left (right) garde position <i>place!</i> Change <i>garde!</i> etc.	
11. Prone-falling (b), alternate head-twisting.	Prone-falling position <i>place!</i> Arms <i>bend!</i> Alternate head-rotation <i>one! two! three! four!</i> (one! two!) etc.	
12. Stand. free jump with facing 360°.	<i>Start!</i>	
13. Stretch-toe-knee-bend-stand., slow march forward.	Arms upward <i>stretch!</i> Heels <i>raise!</i> Knees <i>bend!</i> Slow march forward <i>one! two!</i> etc.	
14. Cross (a) - stride-twist-stand., 2 arm-flinging sideways.	Arms forward bend and feet sideways <i>place!</i> With alternate twisting of trunk, arm-flinging sideways, <i>start!</i> etc.	

## TWENTY-FOURTH DAY'S ORDER.

### MOVEMENTS.

1. Order movements.
2. Bend-stride-toe-stand., 2 arm-extension upward and 2 deep knee-bending.
3. Rest-bow-stand., alternate upward-bending of leg and raising of heel [:].
4. Stand., 2 arm-extension and alternate arm-extension in various directions.
5. Stretch -  $\frac{1}{4}$ -stand. (leg backward), heel-raising.
6.  $\frac{1}{4}$ -stretch-fallout (a)-stand., change of arms and feet with advance in zigzag.
7. Stretch-horizontal- $\frac{1}{4}$ -stand., arm-parting.
8. Rest- $\frac{1}{4}$ -fall-stand., knee-bending.
9.  $\frac{1}{4}$ -stretch-side-falling, arm-extension upward.
10. Garde-stand., double march-step backward with change of garde.
11. Bow-hanging (b), alternate head-rotation.
12. Stand. free jump in the place with sideways-flinging of arms and legs.
13. Rest-stand., foot-placing outward and backward-outward with 2 heel-raising and 2 knee-bending.
14. Stretch-fallout (a)-twist-stand., arm-parting, followed by stand. 2 arm-raising sideways and 2 heel-raising.

### COMMAND.

Arms upward bend and feet sideways *place!* Heels *raise!* Arm-extension upward and deep knee-bending *one!* *two!* etc.

Neck *firm!* Trunk backward *bend!* (Support) Left (right) leg upward *bend!* Right (left) heel *raise!* Heel *sink!* Foot downward *place!* etc.

Arms *stretch!* Left (right) arm, right (left) arm, *stretch!* Arms *change!* etc.

Arms upward *stretch!* Left (right) knee backward *stretch!* Right (left) heel *raise!* etc.

*Start!* *Halt!*

On left (right) foot position *place!* Arm-parting *one!* *two!* *Position!* etc.

(Left (right) foot supported) Neck *firm!* Trunk backward *bend!* Right (left) knee *bend!* Knees *stretch!* etc.

Prone-falling and on left (right) hand  $\frac{1}{4}$ -stretch-side-falling position *place!* Arm-extension *one!* *two!* etc.

Garde position *place!* With double march-step backward change garde *one!* *two!* etc.

Bow-hanging position *place!* Arms *bend!* Alternate head-rotation *one!* *two!* etc.

*Start!*

Neck *firm!* *Start!* etc.

Arms upward stretch and left (right) outward fall-out! Trunk to left (right) *twist!* Arm-parting *one!* *two!* *Position!* etc. Arm-raising and heel-raising *one!* *two!*

### FAULTS.

## TWENTY-FIFTH DAY'S ORDER.

MOVEMENTS.	COMMAND.	FAULTS.
1. Order movements.		
2. Stretch - $\frac{1}{2}$ - horizontal - stand., knee-bending.	On left (right) foot position <i>place!</i> Left (right) knee <i>bend!</i> Knee <i>stretch!</i> etc.	
3. Stretch - bow - stand., alternate upward-bending of leg and raising of heel [;].	Arms upward <i>stretch!</i> Trunk backward <i>bend!</i> (Support) Left (right) leg upward <i>bend!</i> Right (left) heel <i>raise!</i> Heel <i>sink!</i> Foot downward <i>place!</i> etc.	
4. Stand., 2 arm-extension and alternate arm-extension in various directions.	Arms . . . <i>stretch!</i> Left (right) arm . . . , right (left) arm . . . <i>stretch!</i> Arms <i>change!</i> etc.	
5. Stretch - $\frac{1}{2}$ - toe - stand., arm-sinking sideways downward.	Arms upward <i>stretch!</i> Left (right) knee backward (sideways) <i>stretch!</i> Right (left) heel <i>raise!</i> Arms sideways-downward <i>sink!</i> Po-sition! etc.	
6. $\frac{1}{2}$ -stretch-fallout (a)-stand., change of arms and feet with advance in zigzag and facing 180°.	<i>Start!</i> <i>Halt!</i>	
7. Stretch-horizontal- $\frac{1}{2}$ -toe-lean-stand., arm-parting.	With upward flinging of arms, on left (right) foot position <i>place!</i> Trunk forward <i>bend!</i> Arm-parting <i>one! two!</i> etc.	
8. Stride-prone-falling, alternate arm and leg raising.	Position <i>place!</i> Left (right) arm and right (left) leg upward <i>raise!</i> Arm and leg <i>change!</i> etc.	
9. Stretch-fallout (a)-twist-stand., side-bending of trunk.	Arms upward stretch and left (right) outward fall-out! Trunk to right (left) <i>twist!</i> To left (right) <i>bend!</i> etc.	
10. Toe-deep - knee-bend-stand., spring-jump in the place with alternate stretching of knee.	Heels <i>raise!</i> Knees deep <i>bend!</i> <i>Start!</i> etc.	
11. Balance-weighing, swimming movements with legs.	Balance-weighing position <i>place!</i> Swimming movements <i>one! two! three!</i> etc.	
12. Stand. free jump with facing 2 by 360°.	<i>Start!</i>	
13. Stretch-walk (a)-toe-stand., 2 knee-bending.	Arms upward stretch and left (right) foot outward <i>place!</i> Heels <i>raise!</i> Knees <i>bend!</i> etc.	
14. Cross (c) - twist - outward - fallout-stand., 2 arm-flinging sideways with change of feet in series, stand. circumduction of arms.	Arms forward <i>bend!</i> <i>Start!</i> etc. Circumduction of arms <i>one! two!</i>	





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